HANDBOOK OF SELF-DEFENSE IN PICTURES AND TEXT



Law Enforcement Officers' Manual of Offensive and Defensive Techniques

for: **POLICE • DETECTIVES • SHERIFFS • GUARDS NIGHTWATCHMEN • MILITARY POLICE**

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Acknowledgements

For their aid and encouragement I want to express appreciation to the following:
Brigadier General F. E. Howard, United States Army Forces, Far East
Colonel B. V. Bryant, Deputy Provost Marshal, United States Army Forces, Far East
Lt. Colonel H. L. Moore, Jr., Former Provost Marshal, Japan Logistical Command
Lt. Colonel W. A. Shelton, Provost Marshal, 2nd T. Major Port
Major Wm. P. R. Thorn, Intelligence Officer, 2nd T. Major Port
Major E. W. Cox, Jr., Former Chief Criminal Investigator, Japan Logistical Command
Major R. T. MacEachern, Jr., Chief Criminal Investigator, United States Army Forces, Far East
Major H. D. Neal, Jr., Commanding Officer, 44th MP CI Detachment
Major Hans E. Boehm, Commanding Officer, 101st MP CI Detachment
Major Francis A. Niccolls, Jr., Field Office Commander, 101st MP CI Detachment
Major Harry J. White, Provost Marshal Walter Reed Army Medical Center, Washington, D. C.
Captain N. A. Perone, Asst. Chief Criminal Investigator, United States Army Forces, Far East
Captain Philip Cohen, Executive Officer, 82nd MP CI Detachment
Captain Carl A. Derryberry, Former Commanding Officer, 44th MP CI Detachment
W/O Edward J. Scott, Asst. Chief Criminal Investigator, Japan Logistical Command
Captain Roger M. Brady, 22nd MP CI Detachment
1st Lt. Marion L. Cooley, 44th MP CI Detachment
Captain Benedict P. Dolney, Operations Officer, 44th MP CI Detachment
WOJG John L. McCord, 44th MP CI Detachment
WOJG Paul E. Monahan, 22nd MP CI Detachment
All Detachment and Sub-Detachment Commanding Officers and MP CI Detachment Investigators attached thereto.

I also want to thank the following for the assistance in the completion of this manuscript:
Mr. M. A. Cowles, Technical Advisor, United States Army Forces, Far East
Mr. M. M. Coff, Technical Advisor, United States Army Forces, Far East
Military Police Investigator Patrick J. Testa, 2nd T. Major Port.
Lieutenant George Hebble, Retired White House Security Detail
Lieutenant Charles Wright, Metropolitan Police, Washington, D.C.
Miss Elizabeth V. Oldfield, Silver Springs, Maryland
Chief of Police, George T. Panagoulis, Greenbelt, Maryland
and
Akio Tsuda, 44th MP CI Detachment, whose willingness and kind cooperation aided greatly in the completion of this manual.
Colonel B. V. Bryant, Deputy Provost Marshal, United States Army

Foreword

My first experience with hand-to-hand combat came as a rude awakening.

It was in 1936. I had just become a member of the New York Police. I was one of the big men in my class, six-feet-two, and honestly thought I could handle myself. It started when Sergeant "Izzy" Cantor, one of the top judo and self-defense men in the country, called me out of class for a demonstration.

Izzy was a grand old man, just big enough to fulfill the height requirements for police officers. At the time I felt a little sorry for him. He was telling the class that regardless of my size I could not take him into physical custody and walk him a few feet. The rude awakening came when I took hold of his arm—I still don't know just how he did it—I landed on the floor with a "whoooof."

Cantor silenced the class with a quiet: "Who else wants to try it?" Then he continued with his first lesson on defense tactics.

I became one of his best students, later teaching disarming technique myself. Until his untimely death in 1952 I watched him time and again introduce himself to a new class of recruits in the same classic manner—always a big man, always the fall, and always the "whoooof."

No one that watched this demonstration could ever fail to fully understand that hand-to-hand combat is a great deal different than ordinary boxing or wrestling, and that taking a person into custody involves a little more than grasping them by the arm and growling: "Come along."

My first impression of John Martone's manuscript was one of pleasure. A manual on defensive and offensive tactics that was written in simple language, that contained

sufficient photographs to fully illustrate the text, and that hewed strictly to the line of hand-to-hand combat. A sparsely written book, but one whose economy of words aids the reader to a better understanding of the text.

It's a good book because the author knows his subject. He not only knows what he is talking about, but the effortless ease with which he treats each and every phase of his subject shows a familiarity gained only by those with years of experience in actually doing what they write about.

The knowledge which may be secured from a careful reading of this book should be classified as "cheap life insurance." Insurance that will pay a benefit to the policyholder rather than the beneficiary. Insurance that will help him avoid injury and sudden death.

PAUL B. WESTON

Contents

INTRODUCTION ix

CHAPTER I
Physical Conditioning 1

CHAPTER II
Unarmed Defense 14

CHAPTER III
Offensive Procedures 24

CHAPTER IV
Defensive Procedures 36

CHAPTER V
Pistol Disarming 50

CHAPTER VI
Defense Against Knife, Blackjack, Sharp Instruments 59

CHAPTER VII
Preliminary Search of Prisoners 67

CHAPTER VIII
Securing of Prisoners 84

CHAPTER IX
Police Club (Its Uses and Abuses) 95

PRECAUTIONS TO EXERCISE 110

Dedicated to
my son
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formerly
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1951 - 1952

PUBLISHED 1961 BY ARCO PUBLISHING CO., INC.
Third printing.....May, 1962

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Published in New York by Greenberg : Publisher, and
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Library of Congress Catalog Card Number: 55-6878
Manufactured in the United States of America

Handbook of Self-Defense *in pictures and text*

Law Enforcement Officers' Manual of Offensive and Defensive Techniques

by

LIEUTENANT COMMANDER JOHN MARTONE
United States Coast Guard Reserves

ARCO PUBLISHING COMPANY, INC.
480 Lexington Ave., New York 17, N. Y.

The opinions or assertions contained herein are the private views of the writer and are not to be construed as official or as reflecting the views of the Commandant or of the Coast Guard.

Introduction

UNARMED COMBAT — INDIVIDUAL DEFENSE

This manual is intended as a guide for those whose duties as law enforcement officers place them face to face daily with men made desperate by their desire to avoid the consequences of their actions. It is the sincere hope of the author that this book may in some measure be of assistance to the personnel engaged in maintaining the high standards of efficiency established by law enforcement agencies throughout the world. Its object is to rectify certain mistaken ideas about the art of unarmed defense, and to emphasize the mental and physical factors essential to the successful application of the methods prescribed here.

Mere book knowledge of the offensive and defensive procedures of unarmed defense does not qualify anyone to presume that he can defend himself against the ruthlessness and savagery generally resorted to in a back alley slug-fest. Experience is essential.

In physical combat the man who can learn to direct his attention to more than one thing at a time will succeed far better than one whose mind is limited to a single direction. A man of *single attention* can only see what is going on in front of him. Potential sports champions display keen, alert, and efficient mental action; they demonstrate the ability to coordinate their faculties into one harmonious whole in order to accomplish their mission. Every action of the true athlete is made to gain an objective. *To become an expert in unarmed defense, a great deal of practice is necessary.*

Hand-to-hand combat procedures are relatively simple and easy to master. The strategy of the surprise attack, elementary knowledge of anatomy, and a certain degree of physical ability—these are the essential ingredients for suc-

cess in hand-to-hand combat.

The physical and mental factors necessary to the practice of hand-to-hand combat are:

1. BODY CONDITION:
   Strength
   Endurance
   Physical agility
   Coordination
   Conditioned reflexes
   The ability to make surprise attack
   Follow-through procedures
   The ability to use your opponent's strength to bring about his own defeat
2. KNOWLEDGE OF THE ANATOMY OF THE HUMAN BODY:
   a. Location of joints
   b. Location of vital organs
   c. Location of nerve centers

Body condition and mental and emotional fitness are the primary factors which contribute to building up the strength and stamina needed for self-defense in any situation. The man who lacks stamina loses confidence—develops a defeatist attitude. The supporting foundation upon which strength, endurance, agility, and coordination are developed is a healthy body free from any physical impairment. Hand-to-hand combat requires a considerable degree of leg, abdominal, shoulder and arm strength. One test of muscular endurance is a person's ability to assimilate punishment and still continue to fight until the opposition has been subdued.

Physical agility is the skilled control of body movements which marks the difference between the trained and the untrained individual. The individual who can change the

direction and position of his body in close combat will always gain the advantage over his opponent.

Coordination is the ability to bring all parts of the body into simultaneous action in order to accomplish any physical act. The well coordinated individual eliminates all but the essential movements. Natural or acquired coordination serves to increase precision and ability, conserve energy and develop endurance. A high degree of coordination is essential to superior performance. Continued practice of any physical activity produces a higher degree of mental and physical synchronization which results in smoother performance.

Conditioned reflexes increase the ability to use and control the action most advantageous to the individual in an attack or a defensive movement. Precise physical action in any critical situation can be attributed to conditioned reflexes because the well conditioned individual is not hampered by mental indecision.

Surprise attack is the strategy of catching one's opponent off guard, when he least anticipates any offensive action.

Follow-through procedures are secondary combative measures used immediately following the initial attack. The prime object of the attack should be to maneuver the adversary into a position which will provide an opening to follow through with whatever action is necessary to subdue or cripple the opposition.

Using the opponent's strength to bring about his own defeat is the technique of deviating from the normally expected offensive or defensive procedure of attack. The officer takes advantage of the opponent's mode and speed of attack is to bring about his downfall. The best way to avoid being bitten by a rattlesnake coiled to strike is to side-step. Similarly, side-stepping the frontal attack of an opponent may make him the victim of his own lunge.

ANATOMY OF THE HUMAN BODY

To understand hand-to-hand combat thoroughly and to apply its techniques properly one should have some knowledge of the muscles and skeletal structure of the human body. Since correct application of leverage and pressure is necessary in unarmed defense, it is essential to know and understand how the body joints function. The hinge joints and the pivot joint play an important part in hand-to-hand combat. The hinge joint functions in the fingers, toes, elbows, and knees. A door which operates on hinges can only be opened in one direction. Any attempt to force it contrary to the hinge action would dislocate or break the hinges. Likewise, when pressure is applied against the normal movements of the finger, toe, elbow, or knee joints, the action causes pain and can dislocate or break the joints. The pivot joint, located at the base of the skull, is vulnerable to any type of blow. A sharp, direct blow delivered across the pivot joint can prove fatal since it is weak in construction and unprotected by muscle tissue.

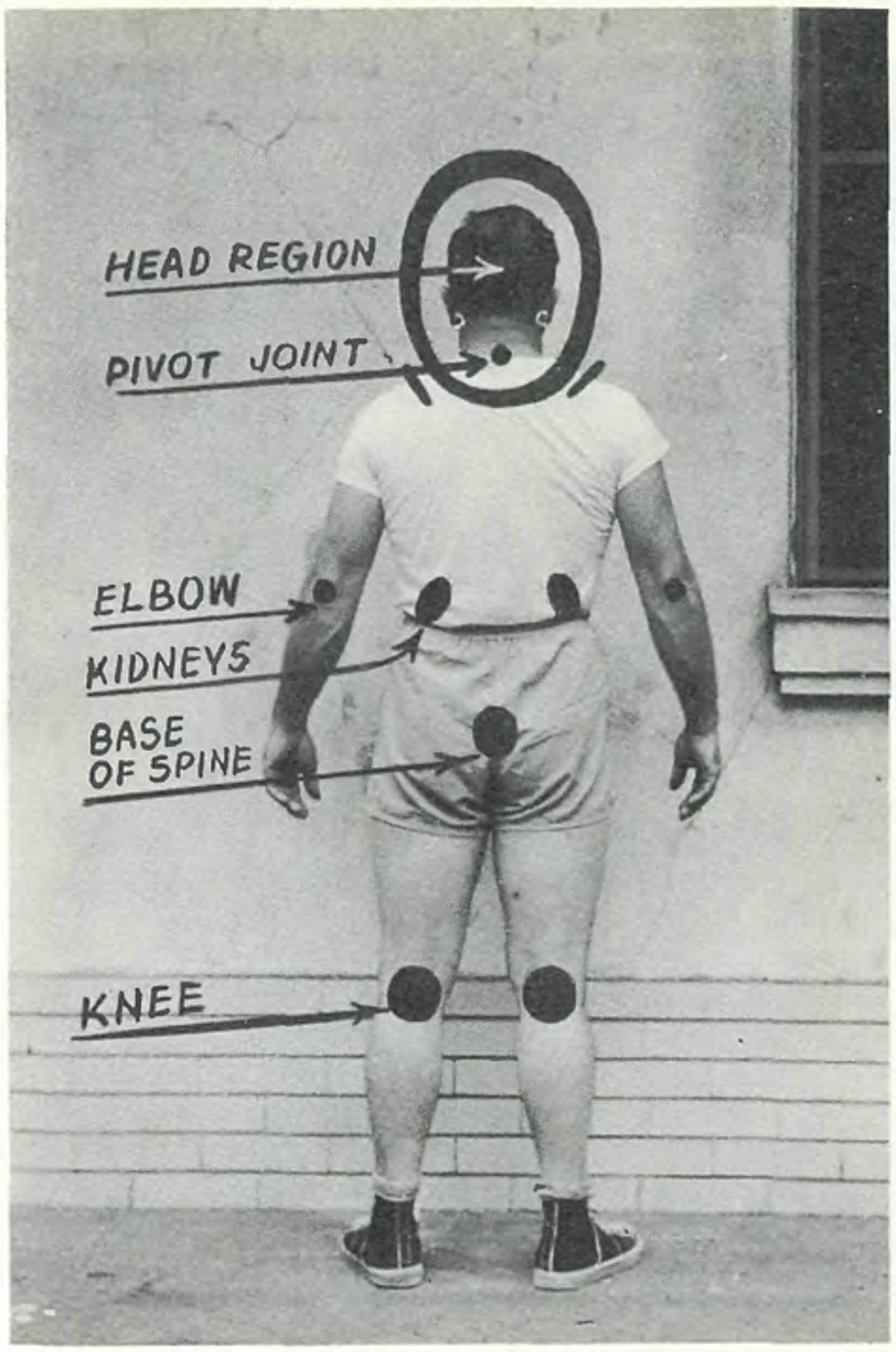


Figure A

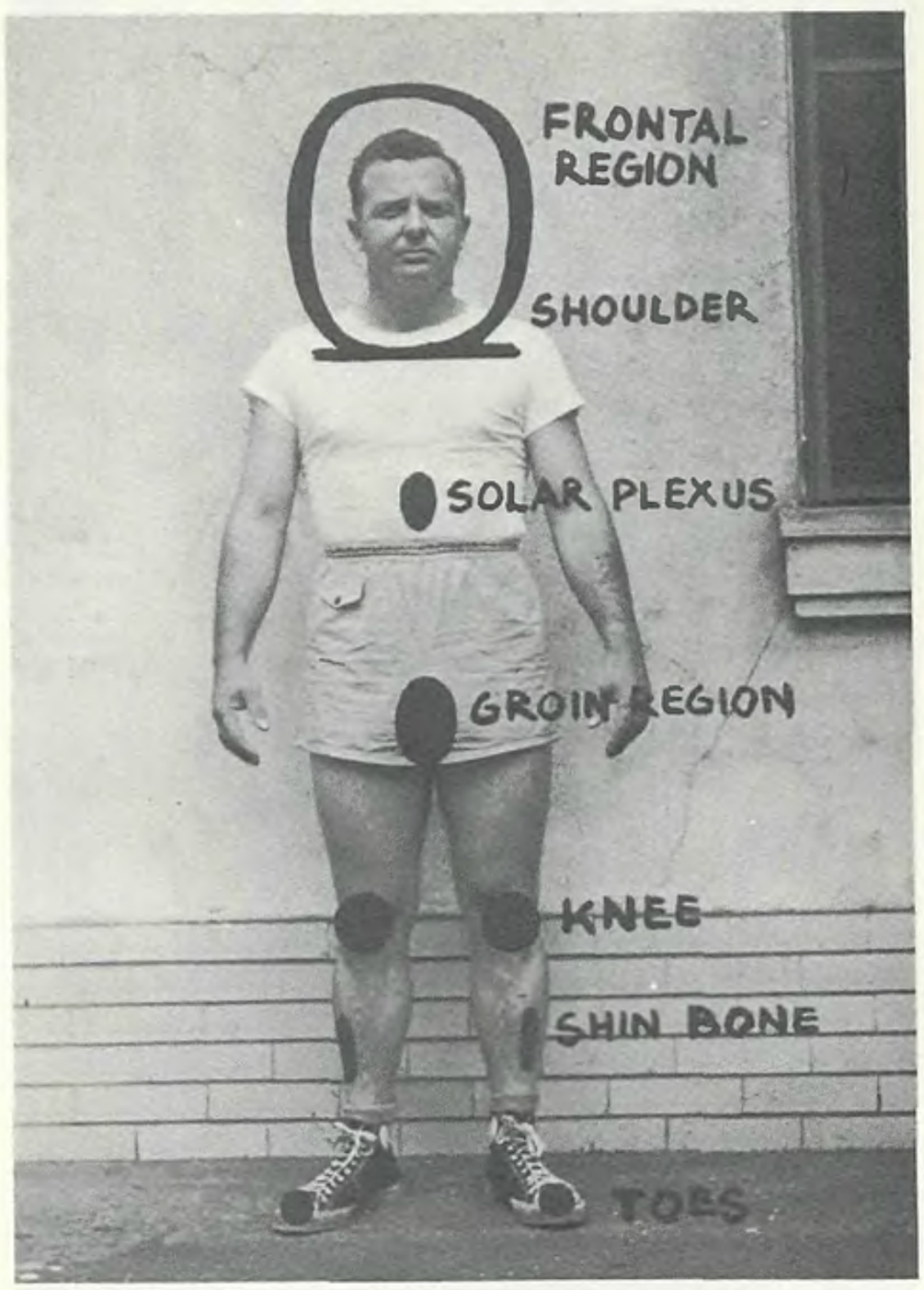


Figure B

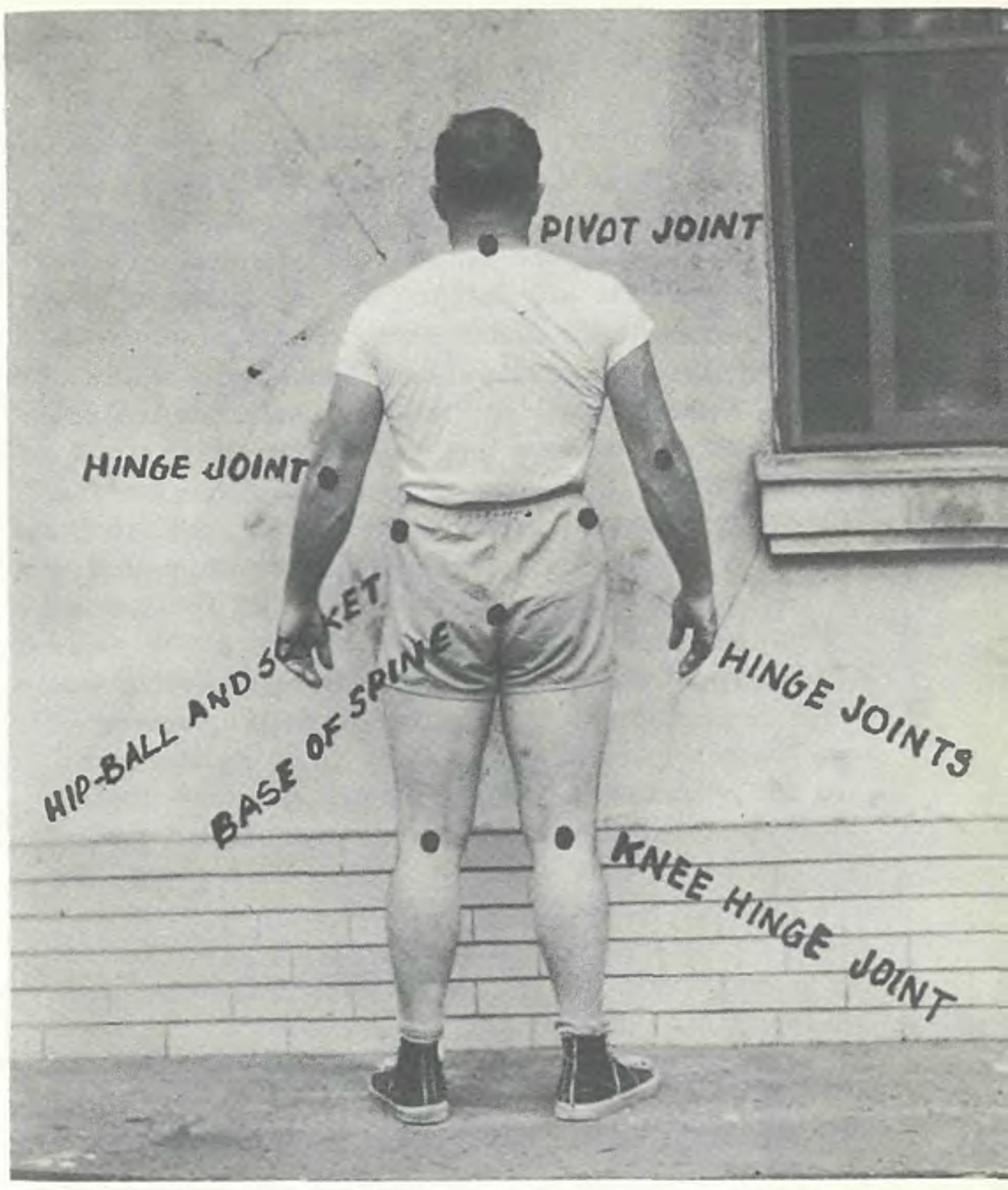


Figure C

Chapter 1

PHYSICAL CONDITIONING

By devoting one hour daily to some form of physical conditioning, the law enforcement officer can develop and maintain a reasonably good level of physical fitness. The exercises shown in this chapter will help the individual build a suitable fitness program. He need not follow a set routine. Common sense should dictate what he can best do to keep himself from becoming physically incompetent and therefore a liability to his organization.

Along with general toning-up exercises, he should take an active part in some form of recreational activity. His age and condition will determine whether the recreation should be boxing, tennis, volley ball, basket ball, golf, swimming, bowling, soft-ball, or some other sport. Any physical activity which will help to develop strength, endurance, agility, coordination, self-confidence, and self-reliance will add to the general all-around efficiency of the officer.

At the onset of any physical conditioning program, particularly following any long period of inactivity, the participant should strive to find his point of muscular endurance. No one can determine better than the subject just how much, or how little, he should do at the start of a re-conditioning program. In order to guard against "overload," or tearing down physically that which one is endeavoring to build up, the time of the daily work-out should be increased very gradually in direct ratio to the improving degree of bodily condition. Sustained effort will slowly but surely bring about the desired results. A slow start is generally an indication of a strong finish, whereas a strong start usually means a quick fading out of the initial enthusiasm.

In all forms of exercises, competitive sports and combative games maintaining body balance is without question of the highest importance. Proper body balance can best be achieved by maintaining full control of the body weight on both feet. The four fundamental movements, which station the body for attack and defense–*advancing, retreating, right movements,* and *left movements*–must be so executed that they will never tend to unbalance the body. Remember: none of the fundamental movements involves the lifting of the feet other than 1) a forward charging movement or 2) a fast retreat. In ordinary stand combat, the trained fighter slides his feet into proper balance stance; the feet are spread comfortably apart; the knees are slightly flexed; the weight of the body is evenly distributed, permitting easy movements in all four directions. (See Figure 1).

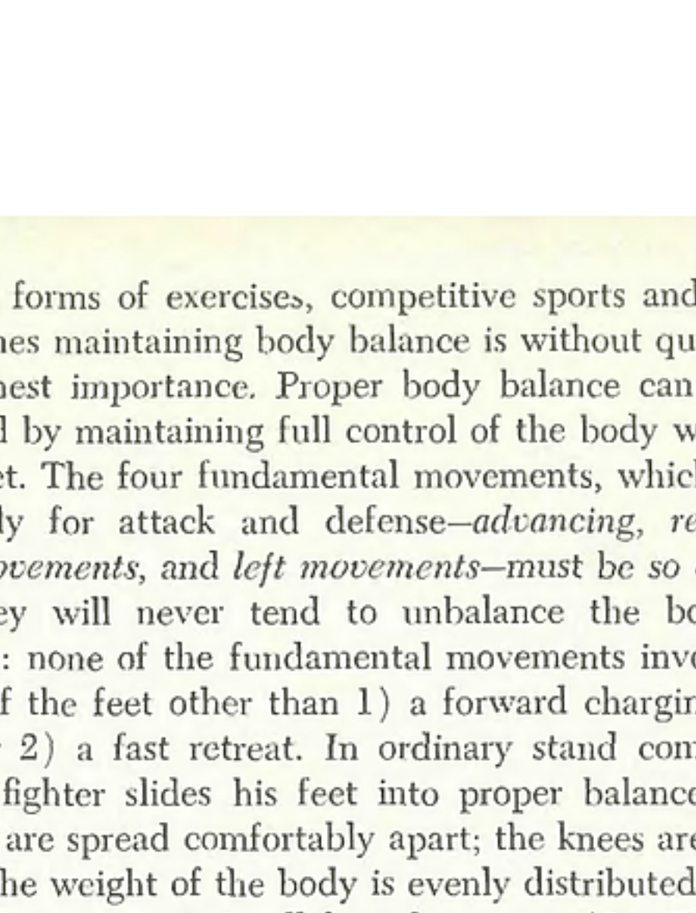


Figure 1

CHANGING BODY POSITION (WEIGHT SHIFT)

To advance, initiate the movement with the left foot by sliding the left foot forward and following the slide of the left foot with the right foot (See Figure 2). The length of the slide is determined by the normal stride of the individual.

The slide in retreat of the forward movement is done in the exact reverse. The right foot slides to the rear, the left foot follows the backward direction of the right foot at the angle that maintains correct body balance. (See Figure 3)

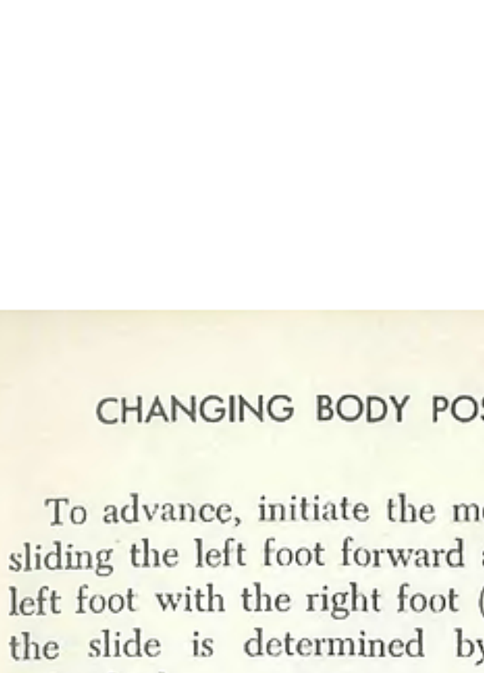


Figure 2

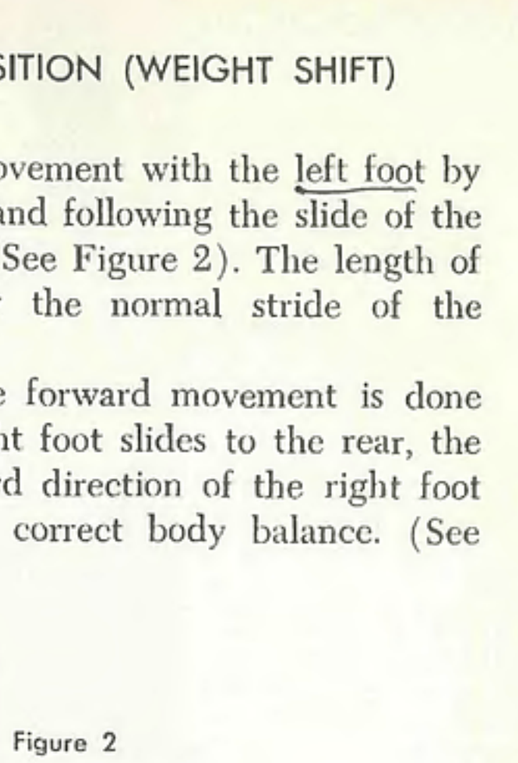


Figure 3



Figure 4

Movements to the right (See Figure 4) are executed by sliding the right foot to the right side and following up the slide with the left foot. Body weight is evenly distributed on both féet.

Movements to the left (See Figure 5) are executed by sliding the left foot to the left side and following up the slide with the right foot. Maintain proper foot position at all times.



Figure 5

Do's and Don'ts for Proper Body Balance

(Assuming that the Individual is Right-handed)

1. In all forward or to-the-left movements, never take the first step with the right foot. The right foot should always follow the lead of the left foot.
2. In all foot movements to the rear or to the right, the right foot takes the first position, the left foot follows the lead of the right foot.
3. Never under any circumstances cross the feet, right over left or vice versa. To do so will destroy proper body balance.

Proper body stance in any position will permit free and easy movement in any direction.

1. BREATHING EXERCISE

Starting position: Stand at attention.

Phase #1. Coordinated movements.

Slowly raise arms forward to vertical position overhead and at the same time slowly inhale and rise on toes as illustrated in Figure 6.

Phase #2.

Slowly lower arms, exhale, and return to starting position.

Repeat at will.



Figure 6

2. TRUNK EXERCISE

Starting position: Stand at attention.

Phase #1. Movements.

1. Place hands on hips and spread legs apart.

2. Bend body forward as illustrated in Figure 7.

3. Rotate body on hips to right side, backwards, to left side and to front position. Repeat at will. Rest.

Phase #2.

Rotate body on hips counter-clock-wise to left side backwards, to right side, and to front position. Repeat at will.

In executing the trunk exercise, hold shoulders back and head up. Do not bend the knees.

3. FULL KNEE BEND EXERCISE

Starting position: Stand at attention.

Phase #1. Coordinated movements.

Extend arms forward palms down and at the same time bend knees to full squat as illustrated in Figure 8. Return to starting position and repeat at will. In executing the full knee bend exercise, hold back and shoulders straight.

Figure 7



Figure 8



4. TRUNK EXERCISE

Starting position: Stand at attention.

Phase #1. Coordinated movements.

Spread legs apart, raise arms to vertical position overhead, and lock fingers as illustrated in Fig. 9. Bend body forward and swing arms through open legs as illustrated in Fig. 10. Repeat at will.

Phase #2.

Alternate. From starting position bend body forward and swing arms to outside of right knee. Alternate by swinging arms to outside of left knee. Repeat at will.



Figure 9

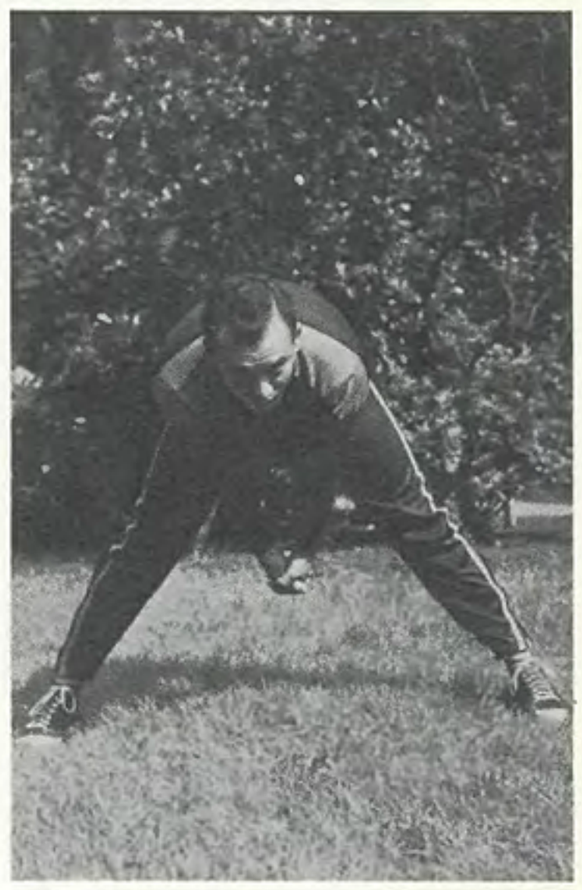


Figure 10

5. TOUCH TOES EXERCISE

Starting position: Stand at attention.

Phase #1.

Raise arms to vertical position overhead (stretch body to full length). Keep the knees straight. Lower body forward and touch toes. See Figure 11.

Phase #2.

Return to vertical position, hands overhead, and repeat at will.

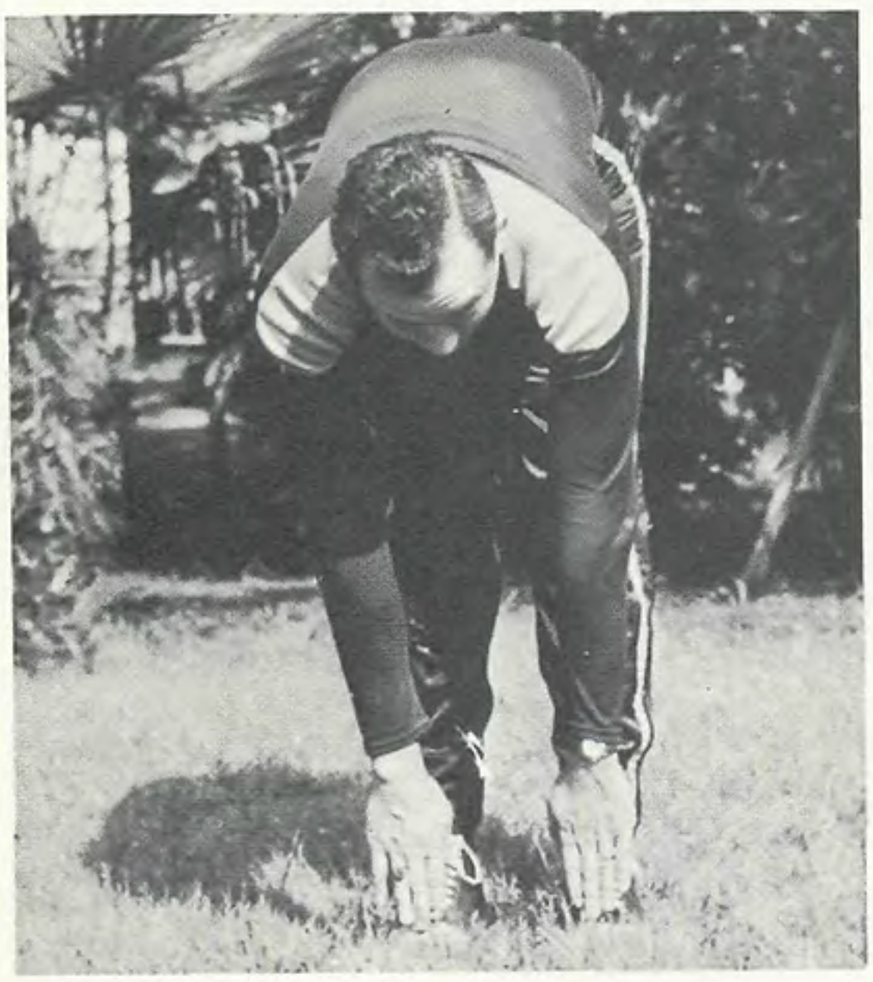


Figure 11

6. TOUCH TOES EXERCISE (ALTERNATE)

Starting position: Stand at attention.

Phase #1. Coordinated movements.

Spread arms to side-shoulder level, spread legs as in Figure 12.

Phase #2.

Bend body forward and touch left toe with right hand. Alternate by touching right toe with left hand. Keep head up throughout the exercise. Repeat at will. See Figure 13.

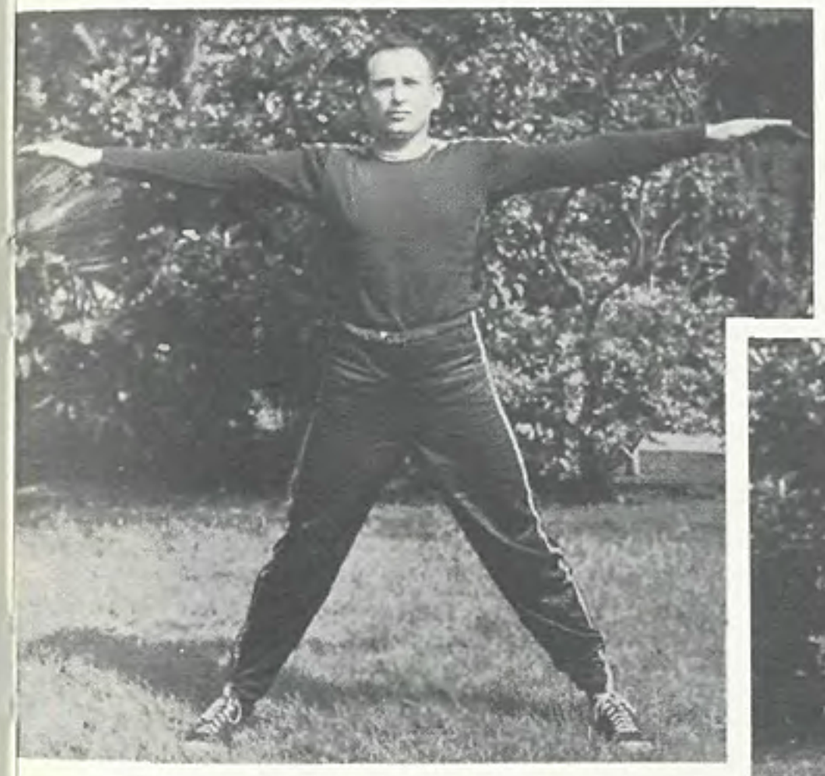


Figure 12



Figure 13



Figure 14

7. LYING DOWN BREATHING EXERCISE

Starting position: Lie on back, legs straight, feet together, and arms down at the side.

Phase #1.

Raise arms slowly to overhead position. At the same time inhale, stretch body to full length, point toes. See Figure 14.

Phase #2.

Lower arms down to side, exhale. Repeat at will.

8. SITTING UP EXERCISE

Starting position: Lie on back, legs straight, feet together, arms down at the side.

Phase #1.

Raise arms to overhead position, come to sitting position, and touch toes. See Figure 15. Repeat at will. In executing this exercise endeavor to keep legs straight throughout and if possible point toes.

Figure 15



9. ALTERNATING LEG RAISING EXERCISE

Starting position: Lie on back, place hands under the buttocks, keep legs straight, and point toes.

Phase #1.

Raise both legs several inches off the ground. Exercise by raising and alternating legs up and down. Keep legs straight and point toes throughout movements. See Figure 16. Repeat at will.



Figure 16

10. PUSH-UP EXERCISE

Starting position: Lie flat full length. Bring hands to shoulder level, palms flat down. See Figure 17.

Phase #1.

Raise body by straightening arms. Maintain body straight and head up throughout exercise. See Figure 18. Lower body to starting position and repeat at will. This exercise is recommended for strengthening the arms, shoulders, and back.



Figure 17

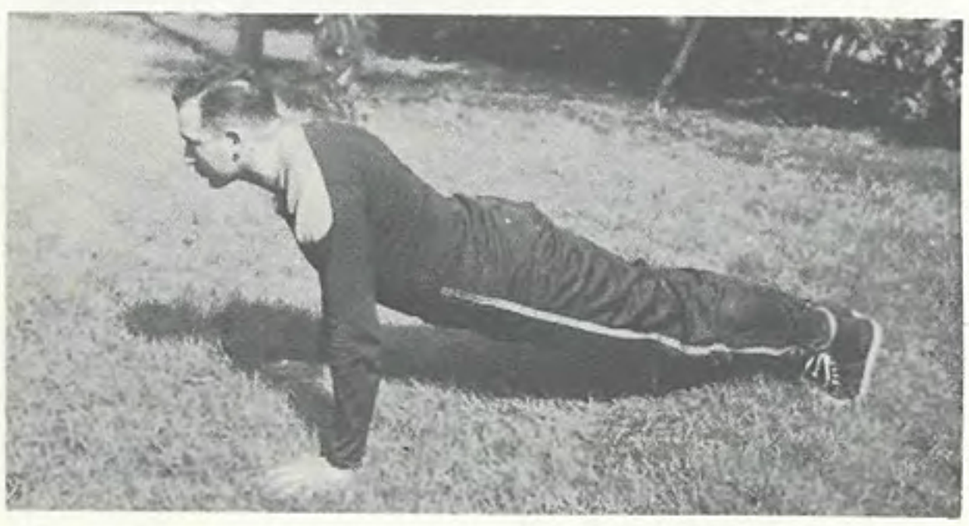


Figure 18

11. SIT-UP ALTERNATING TOUCH TOES EXERCISE

Starting position: Sitting position, back straight, legs spread out, toes pointed, hands on hips.

Phase #1.

Swing right hand to left toe. Alternate by swinging left hand to right toe. See Figure. In executing this exercise maintain back and legs straight. Motion of the hands as illustrated in Figure 19. This exercise is especially good for reducing the hips and strengthening the back and legs.

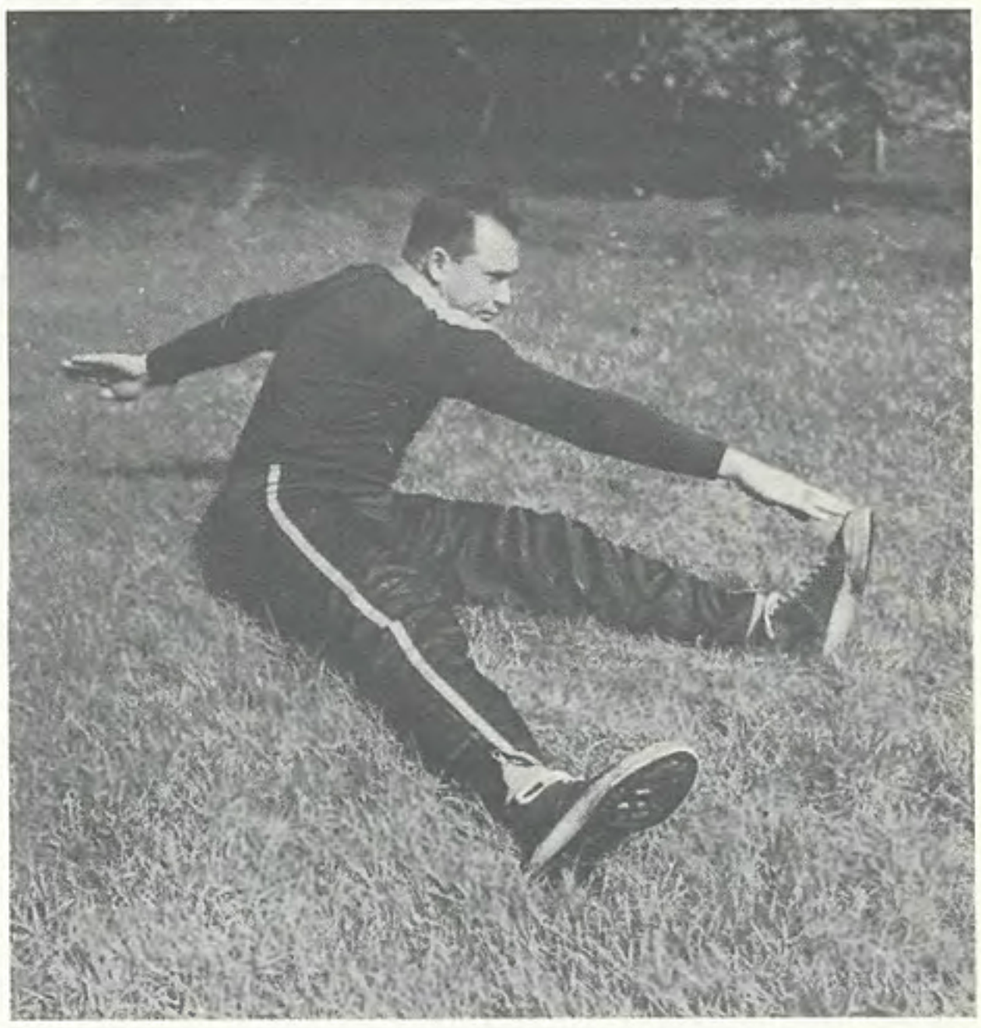


Figure 19

Chapter 2

UNARMED DEFENSE

The origin of unarmed defense dates back to Early Man. Hand-to-hand combative measures used today to defeat physical aggression have evolved from techniques originated by the cave dwellers. Unarmed defense is a science of fighting based upon observation and systematized knowledge. It is a technique which makes use of a whole body of general truths in order to furnish the best operational methods for offensive and defensive combat.

Once judges, referees, or timekeepers come into the picture, the fighting is not true hand-to-hand combat. It is authentic only on the battlefield or in dim-lit alleyways where the contestants make their own rules, set their own time, and use whatever methods they are capable of to beat, maim, cripple, torture, or kill their opponents.

True, certain polished techniques of combat are applied to some competitive sports, but it is only when a man is aroused and pressed to defend himself that the animal instincts and savage traits come to the surface. Time has not modified the law of self-preservation; it is as real today, under the surface of civilization, as it was during the rule of the strongest tribe of prehistoric men.

Just as a chain is only as strong as its weakest link, any law enforcement agency is only as efficient as its weakest operative. Physical fitness and thorough training in personal defensive techniques immeasurably help to pave the way for a better-than-average organization. *The epitaph for any law enforcement officer who is killed because of carelessness, laxity in his duties, negligence, and indifference to the fundamental precept of loyalty to one's self might well read, "Killed because he did not believe in efficiency."*

Hand-to-hand combat is no "gentle art." It has nothing to do with sportsmanship. It is simply the highest form of "dirty fighting" because it is for survival rather than for any return engagement. While brute strength alone does not suffice against the techniques of hand-to-hand combat, neither will brains alone suffice to gain victory over the individual who is mentally alert and physically and emotionally trained to exercise sound judgment and to exert maximum physical effort.

All competitive sports call upon skill of body and quickness of brain. Skill of body—proper condition, speedy reflexes, coordination, timing, judgment, and reaction—can only be attained through regular exercise. Quickness of brain can best be developed by continual repetition of the techniques.

Never underestimate your opponent. Never give your adversary a break in any combative struggle. There are many times in police and investigative work when a person is justified in using whatever methods of combat he knows in order to defend himself against a potential killer. He rightly resorts to doing everything he is capable of in order to save himself from injury or death.

HAND BLOWS

Although the clenched fist is most commonly used (among Americans) for purposes of self-protection, the fingers and under edge of the open hand (from the tip of the little finger back to the wrist) can be used to much greater advantage, in a number of instances due to the location and limited striking area of some of the vital organs.

Figure 20

The open hand with fingers straightened and held stiff (see Figure 20) can be used to deliver hatchet, slicing, and thrust blows to the vulnerable parts of the body. There are different open blows that can be used to subdue, disable or even kill an assailant if necessary. A straight thrust blow to the apex of the ribs—solar plexus—can completely paralyze the nerve centers. Such a blow (see Figure 21) can cause loss of breath, nausea, or can completely knock out the assailant.

Figure 21

A hatchet blow, delivered with the under edge of the stiffened hand and fingers violently striking the forearm or upper arm of an assailant, could easily fracture or break the bone. Needless to say, the size and development of the wrist, forearm, upper arm, and hand determine the power with which a blow can be delivered with the open hand. In any event this type of blow to an unprotected arm can be very painful and often times takes the initiative away from an assailant. See Figures 22 and 23.



Figure 22



Figure 23

Figure 24

A hatchet blow delivered to the base of the skull (pivot joint), as in Figure 24, could cause severe injury to the pivot joint or even prove fatal if the pivot joint was fractured or broken. A broken neck generally results in death.

A severe hatchet blow with a full downward swing of the arm to either kidney, unprotected by heavy clothing, will cause severe pain and enable one to gain the advantage necessary to subdue an assailant. See Figure 25.

Figure 25



Figure 26

The open hand with fingers straightened and held stiff can be used to deliver a violent lateral blow to the throat (Adam's apple). The result of such a blow to the throat (Figure 26) would result in severe pain and might even cause death by strangulation.

A similar blow delivered to the bridge of the nose can result in a broken bone which in turn could cause internal hemorrhage and temporary blindness. The victim of such a blow (Figure 27) would be helpless to defend himself or offer any resistance.

Figure 27





Figure 28



Figure 29

A lateral cutting blow with the under edge of the hand to either side of the neck across the jugular vein (see Figure 30) would stun the assailant since such a blow would temporarily diminish the normal flow of blood to the brain. With his assailant stunned, the defender would be free to cripple him further or to apply a restraining hold.

Lateral blows with the open hand, fingers straightened and held stiff, can be delivered with punishing effect to the lower and upper lips, as illustrated in Figures 28 and 29. A blow of this type to the lower or upper lips would cause severe pain, lacerations of the mouth, and bleeding—injuries sufficient to subdue the most unruly assailant.



Figure 30



Figure 31

The fingers can be used to dig, gouge, grip, pinch, or tear against certain parts of the body such as the mouth, nose, eyes, throat and other nerve centers. Often it is possible to break a body hold (bear hug) by using the fingers to gouge the eyes of the assailant. The pressure forced at the eyes, as in Figure 31, will cause the assailant to release his hold and provide the opening necessary to drive a knee blow to the groin.

The fingers can also be used effectively as pincers to grip an attacker's throat and effect release of a body hold. Sufficient pressure at the throat will cause the assailant to black out and will afford the necessary opening to disable him further by driving a blow to the groin or applying a bone breaking hold. See Figure 32.

Figure 32



Figure 33



Another method of protection against punishment or injury which sometimes becomes necessary is a finger grip upon the scrotum (testicles) of an assailant to force him to release a hold or to cripple him to the extent that the officer can apply a restraining hold. See Figure 33.

Pressure can be applied at the depression at the back of the ears with the middle finger of each hand (see Figure 34) to force an unruly person to release a grip-hold on a chair (if he is in a sitting position). The same technique will force a person through a doorway if he has braced himself against the door jambs. Pressure at the depression point at the back of either ear will force him to turn his head to one side, releasing his hold on the door jambs and providing an opening for further action on the part of the defender.

Figure 34





Figure 35

Gripping an assailant's jaws with thumb and fingers, as shown in Figure 35, will force the release of a front body hold and make possible the delivery of a crippling blow to the groin or the application of a restraining hold to subdue the assailant.

Digging at the nostrils of an assailant from a rear hold position, such as is illustrated in Figure 36, will pacify the most unruly person. If further resistance is offered by the assailant, the officer can place one knee at the assailant's back and force his body backwards to accomplish the desired results.

Figure 36



Chapter 3

OFFENSIVE PROCEDURES

Evaluation of Factors Involved in Offensive Procedures

1. Body condition 50%
2. Knowledge of techniques 30%
3. Surprise element, application of holds 20%

FACING OPPONENT: WRIST BREAK

If, as illustrated in Figure 37A, the assailant tries to push you with his right arm and open hand at your chest, bring your left thumb to the back and center of his right hand, grasping the inside, or fleshy part with your fingers as demonstrated in Figure 37B. Using your right hand to assist your left, twist sharply and apply pressure, forcing assailant's right arm down and outward to his right, away from the center of his body as illustrated in Figure 37C. Follow through with a kick to the groin as illustrated in Figure 37D.

Figure 37A



Figure 37B



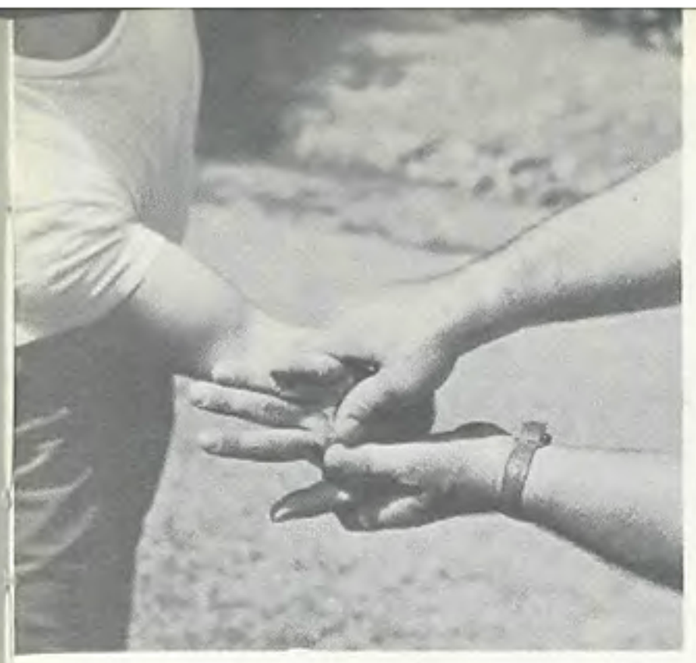


Figure 37C



Figure 37D

FACING OPPONENT: WRIST BREAK AND RESTRAINING HOLD

Your assailant is facing you, arms hanging at his side. Reach forward with your right hand and place your thumb at the back of his right hand, grasping the fleshy part with your fingers, as illustrated in Figure 38A. Quickly step to your left and to the back of your opponent. Bring your left hand to assist your right and apply pressure to opponent's wrist, forcing his right arm down and out—away from the center of his back, as in Figure 38B. The hammerlock, as

Figure 38A



Figure 38B





Figure 38C

demonstrated in Figure 38C, is applied by grasping the opponent's right wrist with your right hand and forcing his right arm upward towards his shoulders. Bring the opponent to a standing position by grasping his left shoulder with your left hand. Do not relax pressure on opponent's right arm. The hammerlock hold, as Figure 38C clearly shows, can be used to punish an unruly assailant severely by applying upward pressure.

HAMMERLOCK HOLD FROM SIDE POSITION: STANDING AT RIGHT SIDE OF OPPONENT

The hammerlock can also be used for a come-along hold. Once the arrest (Figure 39A) is made, grasp the opponent's right hand with your right hand and at the same time force his right arm and elbow to the rear position, as illustrated in Figure 39B. (Note that the position of opponent's elbow is vertical). Smash opponent's right elbow with the heel of your left hand and at the same time bring his right forearm inside your left arm, keeping your left hand at his right elbow as illustrated in Figure 39C. Straighten opponent by grasping his left shoulder with your right hand. At the same time apply constant pressure on his right shoulder and elbow by using your left arm as a lever. (See Figure 39D) This hammerlock hold can be used effectively as either a restraining or come-along hold.



Figure 39A



Figure 39B



Figure 39C



Figure 39D



Figure 43

BACK WRIST BREAK

The wrist break hold from the back position, as illustrated in Figure 43, permits easy application of the hammerlock. From a front position wrist break hold, quickly step to the rear of your opponent, maintaining a steady hold on his right hand. Hold the wrist break with your left hand and grasp the opponent's right wrist with your right hand, bringing his right arm into a hammerlock position.

Restraining or come-along holds such as illustrated in Figure 44A, 44B, and 44C, are not advocated. The armlock, in Figure 44A, requires considerable strength to make the hold effective. Another objection to it is that it permits the victim to swing his left arm in a counter attack. The lapel and arm-lever hold, as illustrated in Figure 44B, is even less reliable. The neck and arm lever hold, demonstrated in Figure 44C, can only be made effective when the opponent is handicapped in size, weight, and strength. In fact, all three of these come-along holds can be applied only when the opponent lacks size, weight and strength.



Figure 44A



Figure 44B



Figure 44C



Figure 40A



Figure 40B

HAMMERLOCK HOLD OR KNOCKOUT BLOW: STANDING, FACING OPPONENT

You are facing your opponent as illustrated in Figure 40A. Step forward and run your left arm between his right arm and body; curl your left hand over his right elbow, as in Figure 40B. Immediately step to his back, bringing his right arm to the rear position and using the upper part of your left arm to raise and secure his right (Figure 40C). Straighten your opponent by grasping his left shoulder with your right hand, as already shown in Figure 39D, or liquidate by delivering blow to base of skull as in Figure 40D.

Figure 40C



Figure 40D



Figure 41

FINGER BREAK

The finger break, as illustrated in Figure 41, is an extremely punishing hold. Stand facing the opponent, grasp the middle finger, if possible, or failing that, any finger and apply pressure against the finger joint. The victim can be forced to his knees and crippled by a knockout blow to either chin or groin.

FRONT WRIST BREAK

From the front position, grasp opponent's right hand with both hands as illustrated in Figure 42. Force his arm to the right, elbow parallel to the ground. Apply required pressure against the wrist joint to make assailant buckle at the knees. Deliver knockout blow to either chin or groin.

Figure 42





Figure 45A



Figure 45B

WRIST AND FINGER HOLD: STANDING AT RIGHT SIDE OF OPPONENT

This is a simple yet very effective hold. With your left hand grasp the inside of your opponent's right wrist and lock the upper part of his right arm with your left, as illustrated in Figure 45A. Grasp the middle finger or any other finger of his right hand and apply breaking pressure backwards against the normal movements of the finger (hinge joint) as illustrated in Figure 45B. If standing on the left side of the opponent, reverse procedure.

HAND-SHAKE TO HAMMERLOCK HOLD POSITION

You are facing your opponent. Extend your right hand to shake hands with him. When the opponent extends his right hand, shake it, then grasp his right wrist with your left hand as illustrated in Figure 46A. Raise and swing his right arm to the left and at the same time step forward under his raised right arm and move to his back, as Figure 46B shows. Bring opponent's right arm to hammerlock position as illustrated in Figure 46C. To effect hammerlock pressure, release your original handshake hold and grasp the under part of opponent's right wrist and apply upward breaking pressure as illustrated in Figure 46D. Straighten opponent up either by grasping his left shoulder or by pulling at his hair to force his head back.



Figure 46A



Figure 46B



Figure 46C



Figure 46D

ELBOW AND WRIST BREAK: STANDING AT RIGHT SIDE OF OPPONENT

Reach inside opponent's right arm and grasp the thumb and index finger of his right hand with your left hand (Figure 47A). Take a half-step to the right and at the same time drive his right elbow into your left armpit with your right hand (Figures 47B and 47C). Release your hold on his thumb and index finger and apply breaking pressure on his right wrist as in Figure 47D.



Figure 47A



Figure 47B



Figure 47C



Figure 47D

CHOKE PRESSURE HOLD FROM REAR POSITION: RESTRAINING HOLD

You are facing your opponent, as in Figure 48A. Extend both arms simultaneously, grasp the opponent's left shoulder with your right hand and his right shoulder with your left hand (Figure 48B). Pull opponent forward with your right hand and at the same time push backwards against his right shoulder. Spin him completely around applying choke hold with your left arm from the rear position as illustrated in Figure 48C. Apply pressure necessary to subdue adversary.



Figure 48A



Figure 48B



Figure 48C

Chapter 4

UNARMED DEFENSE and DEFENSIVE PROCEDURES

Sometimes the best defense is offensive strategy. Time and again, however, the ability to control physical action calmly is what turns the tide of battle in favor of the intended victim. Skill in dodging attacks, fundamentally correct maneuvering of the opponent while on the ground or in standing position, and a basic knowledge of how to apply joint-leverage—all these are helpful factors in gaining advantage over the adversary. Here again it must be pointed out that merely understanding the fundamentals will not always suffice to insure victory. Body condition, muscle strength, stamina, endurance, agility, speed of reflexes, timing, proper application of holds, and knowledge of defensive procedures are important in any defensive action.

WRIST ESCAPE

To break any wrist hold, either single or both wrists, direct full force against the opponent's thumbs as illustrated in Figure 49A. Keeping elbows close to your side, break hold on the wrists by jerking both arms simultaneously upward over head (Figures 49B and 49C). Drive to the groin if necessary, as shown in Figure 49D.



Figure 49A



Figure 49B

Figure 49C

Figure 49D

FRONT BODY HOLD UNDER THE ARMS: RELEASE

To break hold pictured in Figure 50A, lock opponent's right arm above the elbow with your left arm and hold tight against your body (Figure 50B). With the palm of your right hand push up hard against the opponent's chin as shown in Figure 50C. If necessary, drive knee blow to opponent's groin.



Figure 50A



Figure 50B



Figure 50C

FRONT BODY HOLD OVER THE ARMS: RELEASE

To break the hold illustrated in Figure 51A, drive both fists to the opponent's groin (Figure 51B). Gain your release by directing a knee blow to his groin (Figure 51C). Kick at shin bone. Stomp on his instep. Disable, knockout or cripple opponent.



Figure 51A



Figure 51B



Figure 51C



Figure 52A



Figure 52B

REAR HOLD OVER THE ARMS: RELEASE

Use the back of your head to strike at opponent's chin as pictured in Figure 52B.

Scrape or kick at the shin as illustrated in Figure 52C, or stomp on his instep as illustrated in Figure 52D.

Figure 52C



Figure 52D





Figure 53A



Figure 53B

DEFENSE AGAINST TWO-HANDS FRONT CHOKE HOLD

Do not attempt to break hold by prying opponent's hands apart at your throat. Clench fists, hold elbows close in, as illustrated in Figure 53B. (Do not clasp your hands together). Bend slightly at the knees and drive upward with full force to break assailant's hold at your throat, as pictured in Figure 53C. Then follow through at the same time with knee blow to the groin (Figure 53D).



Figure 53C



Figure 53D



Figure 54A



Figure 54B

DEFENSE AGAINST SIDE HEADLOCK

If your opponent applies a side headlock like that shown in Figure 54A, break the hold by grasping at his groin, or stomping on his instep (Figure 54B).

DEFENSE AGAINST RIGHT HAND BLOW TO HEAD

If your opponent attempts to throw a right hook or roundhouse blow to your head, as illustrated in Figure 55A, duck the blow by slightly bending the knees. At the same time step in and throw your right arm across your opponent's neck (Figure 55B). Step quickly to his back and drive your right hip against opponent's right hip, as shown in Figure 55C. Bend at the hips and pull down hard with your right hand, bringing opponent's body over your back and to the ground (Figures 55D and 55E).

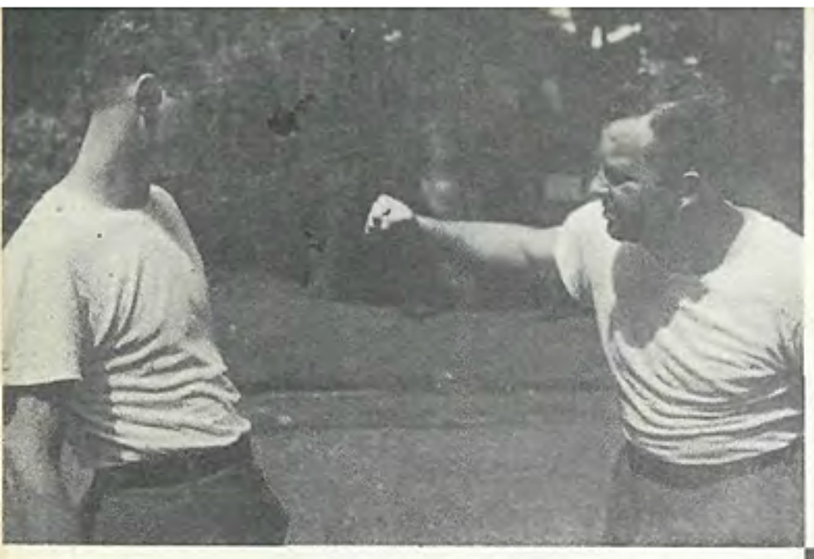


Figure 55A



Figure 55B



Figure 55C



Figure 55D



Figure 55E

DEFENSE AGAINST ONE HAND REAR STRANGLE HOLD

Your opponent approaches you from the rear and throws his right arm over your right shoulder to apply a rear strangle hold (Figure 56A). Defense action must be fast. Grasp opponent's right wrist with your left hand and at the same time reach up with your right hand and grasp the outside of your opponent's right upper arm, as illustrated in Figure 56B. Bend at the knees, drive back with your hips, and at the same time bring your opponent up and over your left hip as illustrated in Figure 56C. Smash opponent to the ground, and take authority.



Figure 56A



Figure 56B



Figure 56C

DEFENSE AGAINST TWO HAND REAR STRANGLE HOLD

Your opponent approaches you from the rear and throws both of his arms over your shoulders to apply strangle hold as illustrated in Figure 57A. *Defensive action must be fast.* Reach up and back with both arms and grasp the outside of the opponent's right and left arm as illustrated in Figure 57B. Bend at the knees, drive back with your hips, and at *the same time pull down hard at opponent's arm* and toss him over your head. Start of throwing procedure is illustrated in Figure 57C.



Figure 57A



Figure 57B



Figure 57C

Figure 58A

DEFENSE AGAINST HEAD HAIR HOLD FROM FRONT WITH RIGHT HAND

Figure 58A illustrates the hair hold with right hand in front position. To prevent pulling-forward action, reach upward with your left hand, grasp and bear down on opponent's right hand, as illustrated in Figure 58B. With your right hand grasp opponent's left wrist (Figure 58C). Release opponent's hair hold by applying pressure at his right wrist and at the same time forcing his right arm down and away from the center of his body (Figure 58D). Deliver knee blow to opponent's right elbow, as illustrated in Figure 58E.



Figure 58B

Figure 59C



Figure 59D



Figure 59E

Figure 60A

DEFENSE AGAINST KICK WITH RIGHT FOOT

If the opponent aims a right kick at your groin as illustrated in Figure 60A, pivot on the ball of your left foot and twist your body to the right, removing target for opponent's kick. Reach down with your right hand and grasp the opponent's right heel. With your left hand grasp the opponent's right leg below the knee. Pull forward with both hands and upset your opponent as illustrated in Figure 60B. Follow through with whatever action is necessary to subdue the opponent.

Figure 60B

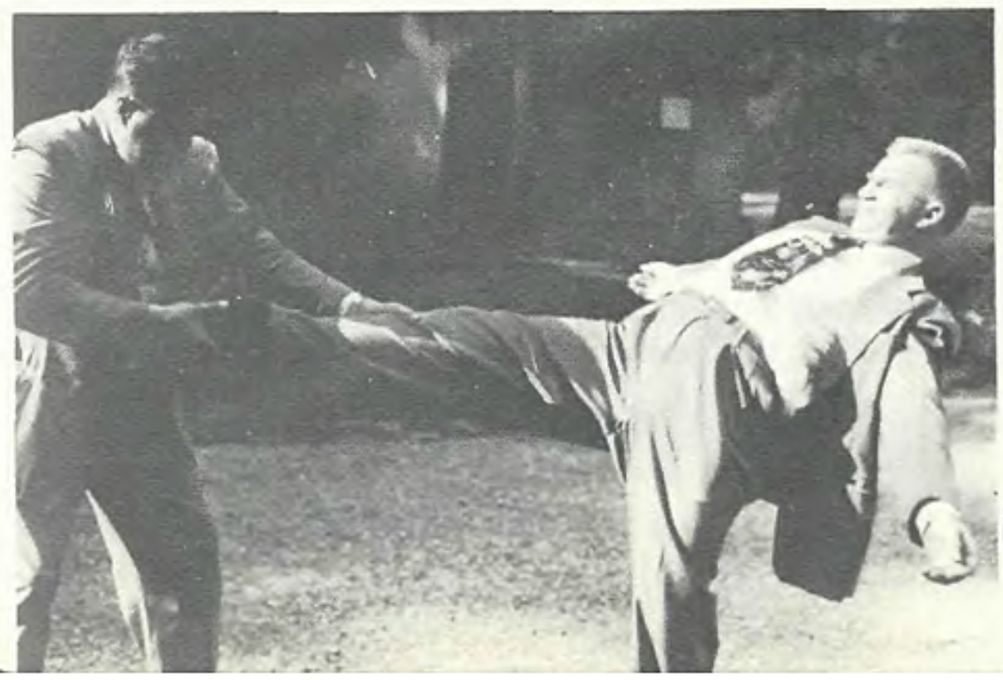




Figure 58C



Figure 58D



Figure 58E



Figure 59A

DEFENSE AGAINST HEAD HAIR HOLD FROM REAR WITH RIGHT HAND

Figure 59A illustrates head hair hold from rear with right hand. Before turning your body, reach back and up with your left hand and grasp opponent's right hand as illustrated in Figure 59B. Release opponent's hair hold by grasping his wrist and pivoting either to left or right. Then apply pressure to the arm as illustrated in Figure 59C. Force opponent to his knees as illustrated in Figure 59D. Deliver knee blow to opponent's right elbow as illustrated in Figure 59E, Assume authority.

Figure 59B



Chapter 5

PISTOL DISARMING

Let us be frank about it at the outset: pistol disarming is a skill that requires considerably more courage, coolness, and nimble wit than the average person possesses. To defeat the outlaw who is quick on the draw, you must be quick on the reflex. Pistol disarming is a technique that demands not only speedy reflexes, but coordination of mind and body, steady nerves, and the will to live. Beyond all this, it demands long, thorough, and expert training; a man who does not know the correct disarming procedures should never attempt to disarm an opponent.

Fear is an integral part of our emotional temperament. We endeavor to control it, but it asserts itself in precarious moments. We dread fear because we have known it from early infancy and have never conquered it. Our modern, highly civilized way of life has tended increasingly to dull man's normal instinct of alertness. Today, all too few men are able to cope with sudden danger. Our innate aggressiveness and pugnacity have been tempered over the centuries to the point that man has become a far more passive creature. Today's civilized, law-abiding man is a highly susceptible prey for the criminal element which, in contrast, tends to revert to the brutal, animalistic way of the jungle.

Like any other law-abiding member of society, the man who becomes a law enforcement officer is not immune from fear and passivity. How, then, can he hope to overcome them to the point that he can face the prospect of encounters with armed criminals? The answer lies in discipline, conditioning, and education.

The officer must school himself to build a certain fortitude that will permit him to remain mentally stable, reasonable, and cool in crisis, so that he will not commit some foolish act inviting death at the hands of the hold-up man. He must learn to challenge the motive of the gunman without revealing his own fears. Pistol disarming requires excellent body condition, mental and physical adjustment, timing, and coordination.

The confidence and ability needed to execute the procedures of pistol disarming will come ultimately—but only after the learner has had thorough instruction and extensive practice. The odds for successfully disarming an opponent are never the same, inasmuch as the mental and physical adjustment of the man facing the pistol are deciding factors. Obviously, a mentally alert officer who can move with great speed has a far better chance to disarm an assailant successfully than one who thinks and acts more slowly.

It should be kept in mind that pistol disarming involves greater risk when the weapon is automatic, because of the single-action mechanism of the automatic firing piece.

Before a gunman can be successfully disarmed, certain factors must be carefully appraised and found favorable. To react instinctively in a precarious situation, such as a hold-up by an assassin, would be tantamount to committing suicide.

The proximity of the assailant—whether or not he is within striking distance—must be carefully judged. Before the officer makes a move it is absolutely imperative for him to make a quick mental appraisal of his enemy. He must ask himself: What type of person am I facing? Is he trigger-happy? Can I talk to him? Is he cool, smart, vicious, or cowardly or nervous? Is he a dope addict? Is he experienced, or the more ruthless type who would be quick on the trigger? As he quickly analyzes his answers to these questions he will get some picture of the criminal capacity of his assailant—some clue to his criminal status and experi-

ence. He will also have some picture of his opponent's emotional characteristics and of the seriousness of his intent to commit a crime. In short, the victim must take stock of his opponent before he tries to disarm him.

Never attempt to disarm a person with a loaded revolver if the assailant has cocked the hammer and has his trigger finger in firing position. The reason is obvious: the least pressure would release the hammer and discharge the bullet. The chances of disarming anyone in this situation are practically nil; one would be inviting sure death. True, there are a few rare instances on police records where officers have disarmed hold-up men by grasping the hammer and preventing the gunman from pulling the trigger—or by placing the index finger or some other member of the hand between the cocked hammer point. However, Lady Luck played for these officers to win.

Obviously, in a sure case of life and death, the victim of the hold-up must attempt everything. In a hold-up where the gun is thrust in one's midsection with definite pressure contact and the hammer in safety position, the chances of disarming the attacker are somewhat better, though even here the slightest hesitation in the execution of the offensive movements might prove fatal.

Before we examine specifically the various methods of pistol disarming, let us be absolutely clear on this point: pistol disarming is not impossible, but the odds against its success are very high. The victim must judge his chances, but if there is any way to appease the assailant, he should by all means take it. Plead, caution, advise, feign fear, falsely pretend, or acquiesce in order to throw the assailant off guard.

DISARMING PROCEDURES

DEFENSE AGAINST REVOLVER HOLD-UP IN FRONT POSITION (RIGHT HAND): FIRST METHOD

Generally, a hold-up starts without advance warning. The victim is momentarily stunned. The assailant, particularly the novice, approaches, jams the barrel of the weapon at the victim's midsection and is apt to say, "This is a stick-up, don't move, keep quiet, do as I say or else." *What must you do?* The first rule of Pistol Disarming is: exercise every precaution, unless you choose to gamble with sudden death. When ordered to raise your hands, do so without delay. The manner in which the assailant has approached you and the tone of his voice should indicate clearly and unmistakably the type of individual you are confronted with. *Play safe.* Raise your hands but try to keep your elbows parallel to the ground as illustrated in Figure 61.

Figure 61





Figure 62

Think, talk, plead, feign fear; do *not* antagonize your assailant. Try to analyze him. Make every effort to distract his attention from his purpose. Note position, type, and condition of readiness to fire the weapon.

a. Is the hammer cocked?

b. Is the hammer un-cocked?

If the weapon is cocked, think hard before you attempt to disarm him. Remember that a slight squeeze on the trigger may put a bullet through your stomach. The odds against you are incalculable. But if the weapon is not cocked and you have reason to believe that you are going to be shot, swing your left arm downward and strike the inside of the assailant's right wrist as hard as you can with the outer side of your left wrist (Figure 62).

The unforeseen attack and the sudden blow cause him to drop the weapon. Then drive your knee to the groin (as illustrated in Figure 63).

The follow-through is a knee blow to the assailant's groin, as demonstrated in Figure 63. This procedure can be executed in a fraction of a second if you remain cool and collected. Speed and fluidity of movements are essential.



Figure 63

DEFENSE AGAINST REVOLVER HOLD-UP IN FRONT POSITION (RIGHT HAND): SECOND METHOD

You have been ordered to raise your hands in a hold-up. Follow through with directions outlined in the first disarming procedure. Raise your arms as illustrated in Figure 61.

Play safe. Ease the tension of the revolver barrel by slightly drawing in your abdomen, pivot to the left side on the ball of your left foot to remove your body from the direct line of fire, and simultaneously drop your left hand to lock the cylinder of the weapon as illustrated in Figure 64. Immediately follow through with your right



Figure 64



Figure 65

hand, grasp the back of the assailant's right hand, and apply breaking pressure at his wrist, as illustrated in Figure 65.

Follow through with a knee blow to the opponent's groin as illustrated in Figure 66.



Figure 66

DEFENSE AGAINST REVOLVER HOLD-UP AT BACK POSITION

No attempt should be made to disarm an assailant when held up from back position other than in a last resort to save your life.

The following procedure should be used only when it has been determined which of the assailant's hands is holding the weapon. Do this: turn your head slightly to either side—a sharp glance from the corner of your eye may tell you what you need to know. Figure 67 does not, however, show the victim in such a position. It shows correct position to assume (note hands) when held up from the back position.

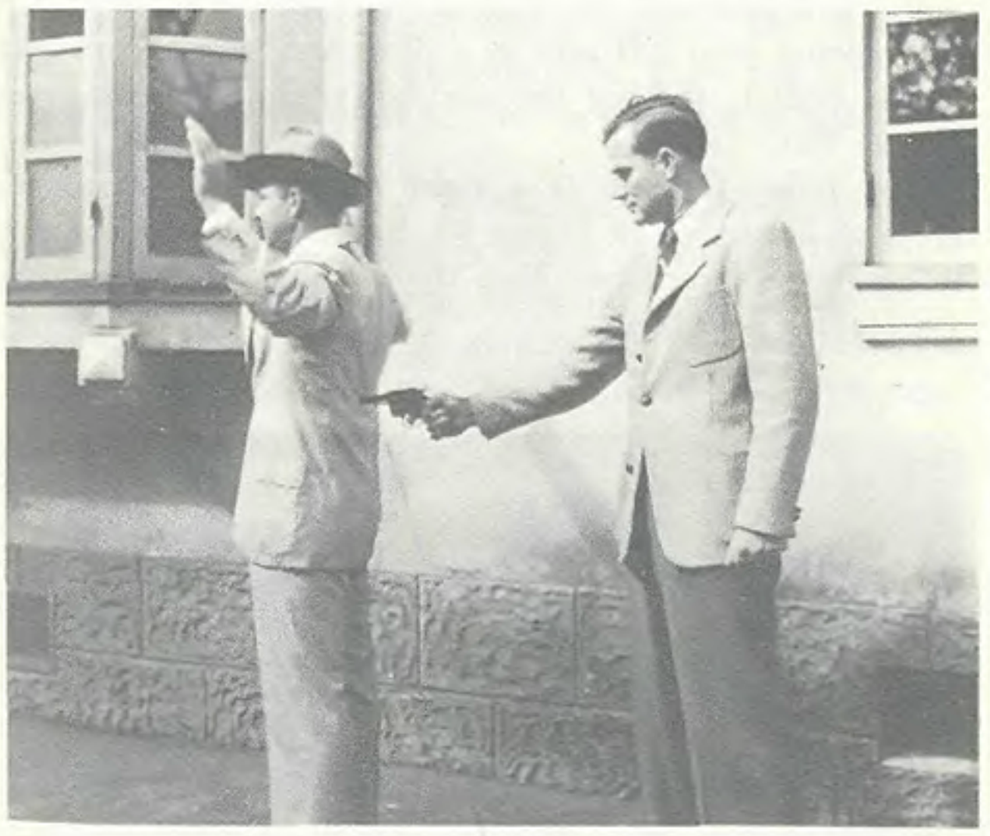


Figure 67



Figure 68

When the weapon is pressed against your lower back and held in the assailant's right hand, the following procedure is recommended: Pivot your body on the ball of your right foot and the heel of your left foot to the left side. Swing your left arm in a downward arc to full rear (cross body), striking the assailant's right forearm (see Figure 68).

The follow-through is a right drive to the assailant's groin as illustrated in Figure 69. Reverse this procedure if it has been determined that the assailant is holding the gun in his left hand.

Figure 69



Chapter 6

DEFENSE AGAINST KNIFE, BLACKJACK, BROKEN BOTTLE OR ANY SHARP OR BLUNT INSTRUMENT

From the standpoint of common sense, a high level of physical condition is necessary if one is to defend himself successfully against *any* armed attack. Let us not whitewash the fact that muscle strength, endurance, agility, coordination, timing, and emotional stability are important factors.

Any attempt to disarm a person with criminal intent requires pure, unadulterated, intestinal fortitude—"guts". Such courage is not a manufactured product, but an ingredient in the make-up of an individual. How much of it a man has determines what he may or may not decide to do in a crisis.

The fact that a man is in excellent condition does not necessarily mean he has a high degree of courage. However, the confidence he gains from knowing that he is physically fit to take care of himself in any hand-to-hand struggle directly influences the way he responds to any critical situation.

In any armed attack, the apparent intent of the assailant is to disable or, if necessary, kill his victim. Depending upon the type of his weapon, the assailant will endeavor to cut, slash, smash, knock out, or kill his victim.

The best defense strategy is one that is simple yet thoroughly effective. The aim of the victim should be to disable his assailant rather than to try to disarm him.

Law enforcement, in all of its numerous phases, presents technical and physical situations which often require an immediate appraisal and solution. In any violence where

the life of another person is in jeopardy, the officer of the law must determine what course of action to take without inviting direct challenge from the law violator. Any explosive manifestation of aggressiveness on the part of the officer would not only endanger the life of the assailant's victim, but also place his own in jeopardy. Sound thinking—curbing any desire to provoke a trigger-tense situation—often brings about the desired results. An attitude of passiveness, while making a mental appraisal of the best method of attack, may give the officer the necessary opening for immediate offensive action, letting him become master of the situation.

Armed criminals follow a certain pattern of action which they have developed in the perpetration of their crimes. Even under the influence of alcohol or drugs, they normally follow a set and rehearsed procedure of attack and defense. The officer of the law who remains cool and even shows indifference may not only succeed in easing the tension but may momentarily offset the criminal's initial advantage. Then, he may counter with a surprise attack, thus taking command.

Try to be prepared to cope with any situation unless you want to die young.

The following defensive procedures against knife, blackjack, broken bottles, or any sharp or blunt instrument are offered as a means of gaining advantage over the assailant.



Figure 70



Figure 71A



Figure 71B

DEFENSE AGAINST DOWNWARD STROKE

Your opponent approaches, a weapon in his upraised right arm as illustrated in Figures 71A, 71B, and 71C. The intent of the assailant is to wield his weapon with a downward stroke aimed at your body. At the instant the assailant telegraphs (commences to raise his right arm), his intentions, step in close. Depending upon his height you may or may not have to bend slightly at the knees to block the blow. Raise your left arm to an angle of 45 degrees to block the downward thrust with your forearm; i.e., between the elbow and the wrist as illustrated in Figures 71D, 71E, and 71F.

Figure 71C





Figure 71D



Figure 71E

No attempt should be made to disarm the assailant or to place an armlock on his striking arm. The knee blow to the groin should completely disable him. Note Figure 71G.

Figure 71F



Figure 71G





Figure 72A



Figure 72B

DEFENSE MEASURE AGAINST UPWARD THRUST OF KNIFE

Your opponent approaches you holding a knife low in his right hand to thrust at your abdomen, as illustrated in Figures 72A. The manner of his approach indicates proficiency in the use of the knife. No attempt should be made to disarm him except as a last resort and to save your life.

Move away if possible. Do not permit him to come within thrusting distance. If the attack occurs indoors, pick up anything within reach—a chair, broom, poker, club, or any throwing object. As a last resort, when the assailant makes a forward lunge (Figure 72B), side-step to the right away from his forward right-hand knife thrust (Figure 72C). Use your left hand to smash at your assailant's right arm, driving his body to the left. Follow through with a right-hand blow to the most convenient part of his body as pictured in Figure 72D.

If the knife attack takes place outdoors do not attempt to disarm your assailant unless your life depends upon it. Move away from him. Grasp any object which may afford some degree of protection. Scoop up a handful of dirt and throw it in his face. Remove your coat, if you have time, and use it as a shield. Or spit at your opponent to stop him, if only momentarily. Under the circumstances, any defensive measure is justifiable.

GROUND DEFENSE AGAINST KNIFE ATTACK

Depending upon the hazards of the situation, one may be forced to assume a ground position to defend himself against a knife attack. In a situation that offers no other means of defense the victim should go to the ground and take a position where he can use his legs to kick, trip, knock down or in some way hurt his opponent. Any ground defense against a skilled "knifer" requires agility of both mind and body as well as strong, well developed leg muscles.

Figure 72D



Figure 72C



The defensive ground position against a knife attack may provide the victim with a greater measure of counter attack. In other words, by constantly moving away from the assailant, the victim may choose the most strategic spot to fall to the ground in order to defend himself.

In a situation where the assailant steps forward with his left foot to initiate the attack, hook the inside of your left foot (instep) around the leg above the heel of the assailant's left foot (Figure 73A). At the same time, with the sole of your right foot, smash his left leg below the knee (Figure 73B). The action of pulling with your left leg and smashing backwards with your right leg will unbalance your opponent. Use whatever follow-through you may think of at the moment to subdue your assailant.

Figure 73A



Figure 73B



Chapter 7

PRELIMINARY SEARCH OF PRISONERS

Carelessness not only breeds contempt for law enforcement officers but provides bitter sorrow ashes for police widows. Carelessness should be regarded as one of the highest infractions of all police codes. Recruits should be drilled to shun it as assiduously as they safeguard their weapons. A preliminary search of the prisoner should be made at the place of arrest. The cautious and prudent officer will not presume that the suspect is unarmed nor be over-confident of his judgment of human nature. The well-trained, matured officer will exercise the same caution in dealing with all types of law offenders. He will always subscribe to the rule: *Never underestimate your opponent.*

He will also abide by another rule: *Never abuse your authority.* Use only as much force as is necessary to accomplish the arrest. The status of a criminal should not influence the arresting officer to relax his vigilance until he has complete control of the suspect. The arresting officer should never approach the suspect in any manner which might permit him to reach for his weapon, nor should he engage in a lengthy discourse with the prisoner. The officer who remains cool, who does not make an unwarranted display of bravado, but who effects the arrest in an orderly manner is most apt to live to make other arrests.

The officer should remain at the farthest possible body distance from the prisoner. He should hold his weapon (when searching the right side of the prisoner) at the left hip rather than in the extended arm position. If it happens to be an automatic, the pistol should be cocked with the thumb resting on the safety catch. If a revolver is used, the weapon should never be cocked but fired at double-action if necessary.

In making the preliminary search (right side), the officer should first examine the right hand of the prisoner for any small article that might be taped to the inside of the palm. The prisoner's headgear should be removed and a thorough search made both front and back, from the top of the head to the inside of the right shoe. The search should be made by using finger-tips and hand pressure. Only when the searching officer is completely satisfied that his prisoner has nothing concealed on the right side of his person, should he search on the left side. Before proceeding however, the officer should step back, transfer the weapon from his left to his right hand and hook the prisoner's left foot with his own left foot as illustrated in Figure 74D.



Figure 74D

At the completion of the preliminary search, the arresting officer will step back, get his handcuffs, and order the prisoner to extend his left arm to the rear. With his weapon in his left hand, the officer will secure the left wrist of the prisoner (Figure 74E). Now, retaining a firm hold on the connecting chain of the handcuffs with the right hand, the officer will secure his weapon and order the prisoner to take one step forward and lean his head against the front-stop. Next he will order the prisoner to extend his right arm to full rear and handcuff the right wrist (Figure 74F). Figure 74G shows the prisoner properly secured and under complete control.



Figure 74E



Figure 74F



Figure 74G

WALL (FRONT-STOP) SEARCH

Usually the most effective method of making a preliminary search is the Wall Search. It is used very frequently. The term Wall Search applies not only to walls but also to any stationary structure, fence, vehicle, or embankment. The prisoner is ordered to face and lean against the wall, or whatever the surface is, with hands widespread and placed overhead. The legs are also widespread and carried as far as the body permits to the rear away from the wall. Once apprehended (Figure 74A), the prisoner is made to assume an awkward, off-balance position, as illustrated in Figure 74B.



Figure 74A



Figure 74B

The advantage of this position is that if he resists while being searched the searching officer can drop him to the ground by simply forcing either foot beyond the allowable degree of body balance. The prisoner should not be handled by the arresting officer until he has been made to

assume the awkward, off-balance position described. The arresting officer should take every precaution to determine whether or not the prisoner is carrying a weapon. He should warn the prisoner not to remove or attempt to destroy anything he may have on his person.

In a case involving one prisoner and one arresting officer, the latter should immediately order the prisoner to assume the wall position. With the prisoner now in the off-balance position, the officer can approach him from the rear, starting his search on the right side and holding his own weapon in his left hand.

At the same time he should hook his right foot inside the prisoner's right foot, as illustrated in Figure 74C. This step of the searching procedure is important since it lets the officer be ready to drop his prisoner to the ground simply by knocking him off balance, should he resist.



Figure 74C

KNEEL SEARCH

If the locale of the arrest (Figure 75A) does not provide a wall, vehicle, embankment or any upright structure, the arresting officer should then order the prisoner to kneel with his hands (fingers interlaced) at the top of his head. The knees and feet should be spread apart and the prisoner made to lean forward slightly in an off-set position of normal balance (Figure 75B).

The officer now approaches the prisoner from the rear, his weapon in his left hand, and drawn back to the left hip well away from the prisoner. Holding the handcuffs in his right hand, the officer then orders the prisoner to extend his left arm back as far as possible with palm inward as illustrated in Figure 75C.

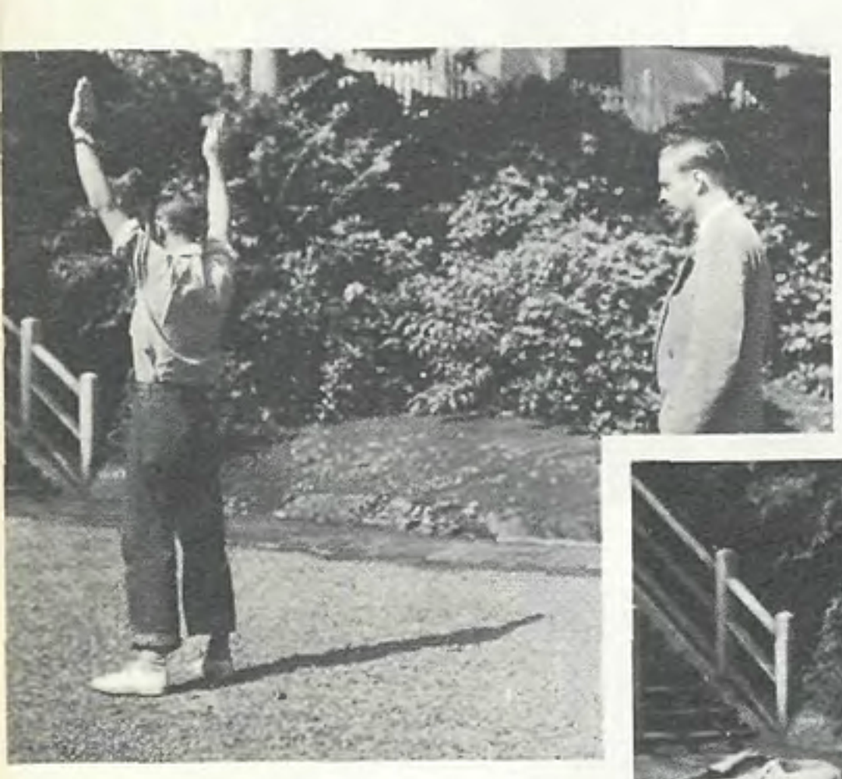


Figure 75A



Figure 75B



Figure 75C

Figure 75D

The gun and handcuff procedure can be reversed if the officer chooses to retain his weapon in his right hand. When either wrist is cuffed, the officer then secures a firm hold on the connecting chain and cuffs the wrists together (Figure 75D). If the prisoner should resist, the officer is in a position to force him forward to the ground, or he may inflict punishment by jerking sharply on the cuff chains.

Only when both the prisoner's wrists are cuffed should the officer conduct a preliminary search. Securing a firm hold on the connecting cuff chain with the left hand, the officer now searches the right side of the prisoner, as Figure 75E shows. The same general procedure used in the wall search is used in the Kneel Search. When the search on the right side is completed, the officer grasps the connecting cuff chain with his right hand and searches the prisoner's left side with his left hand. Upon completion of the Kneel Search, the officer can search the prisoner more completely in the standing position.



Figure 75E



Figure 75F

KNEEL-SEARCH — ONE ARRESTING OFFICER AND TWO PRISONERS

One arresting officer can, when necessary, search two or three prisoners without exposing himself to the same degree of danger if he uses the prone position search or the standing position search. The kneeling position search provides the greatest degree of safety to the officer. When the officer has two prisoners and deems it necessary to conduct a preliminary search, they should be ordered to raise their hands, as illustrated in Figure 76A. The prisoners should then be ordered to make an about-face, the prisoner on the left holding his position while the prisoner on the right steps several paces forward and to the right (see Figure 76B). When the two prisoners have been spaced apart, they are then ordered to assume the kneeling position (Figure 76C), giving the officer good control of the situation.



Figure 76A



Figure 76B



Figure 76C

Holding his weapon in his right hand, he first searches the prisoner kneeling on the left and, when satisfied that he has no concealed weapon, the officer transfers his weapon to his left hand and searches the right side of the prisoner, keeping a close watch on the forward prisoner throughout the search of the first prisoner (Figures 76D and 76E).



Figure 76D



Figure 76E

When the preliminary search of the rear prisoner has been concluded, the man is ordered to stand and walk straight forward the same distance that separated him from the forward prisoner. Then he is ordered to again kneel (Figure 76F). Before commencing the preliminary search on the second prisoner, the arresting officer transfers the



Figure 76F

weapon to his right hand and proceeds to search the right side of the prisoner, keeping both men covered with his weapon (Figure 76F). Following the search on the right side, the officer now transfers his weapon to his right hand and proceeds to search the prisoner on the left side as illustrated in Figure 76G.

Figure 76G



At the completion of the search of both prisoners, the officer will handcuff the left wrist of the prisoner at the rear position (Figure 76H), order the prisoner to stand-up, keeping his right hand at the head position, and walk straight forward to the left. Again he will be told to assume the kneeling position on the right side of the forward prisoner (Figure 76I). The officer will then handcuff the right wrist of the prisoner on the left to the left wrist of the other prisoner (Figure 76I). When the two have been cuffed together (Figure 76J), the arresting officer can send for help.



Figure 76H

Figure 76I



Figure 76J

The Wall Search is not recommended when a lone officer has arrested two suspects. He would have to assume a position between the two suspects in order to search the left side of the prisoner on the right. This would jeopardize his safety as it would leave him exposed to an attack from the prisoner on the left. The Kneel Search offers the arresting officer a greater degree of safety.

Figure 77A

STANDING SEARCH

If the situation is such that it will permit neither the Wall nor the Kneel Search, the officer should use the Standing Search. Here, with drawn weapon the officer orders the prisoner to turn his back and raise his hands to full length above his head (Figure 77A).

He then orders the prisoner to lower his hands to the top of his head, interlace the fingers, and lean forward (Figure 77B).

Figure 77B

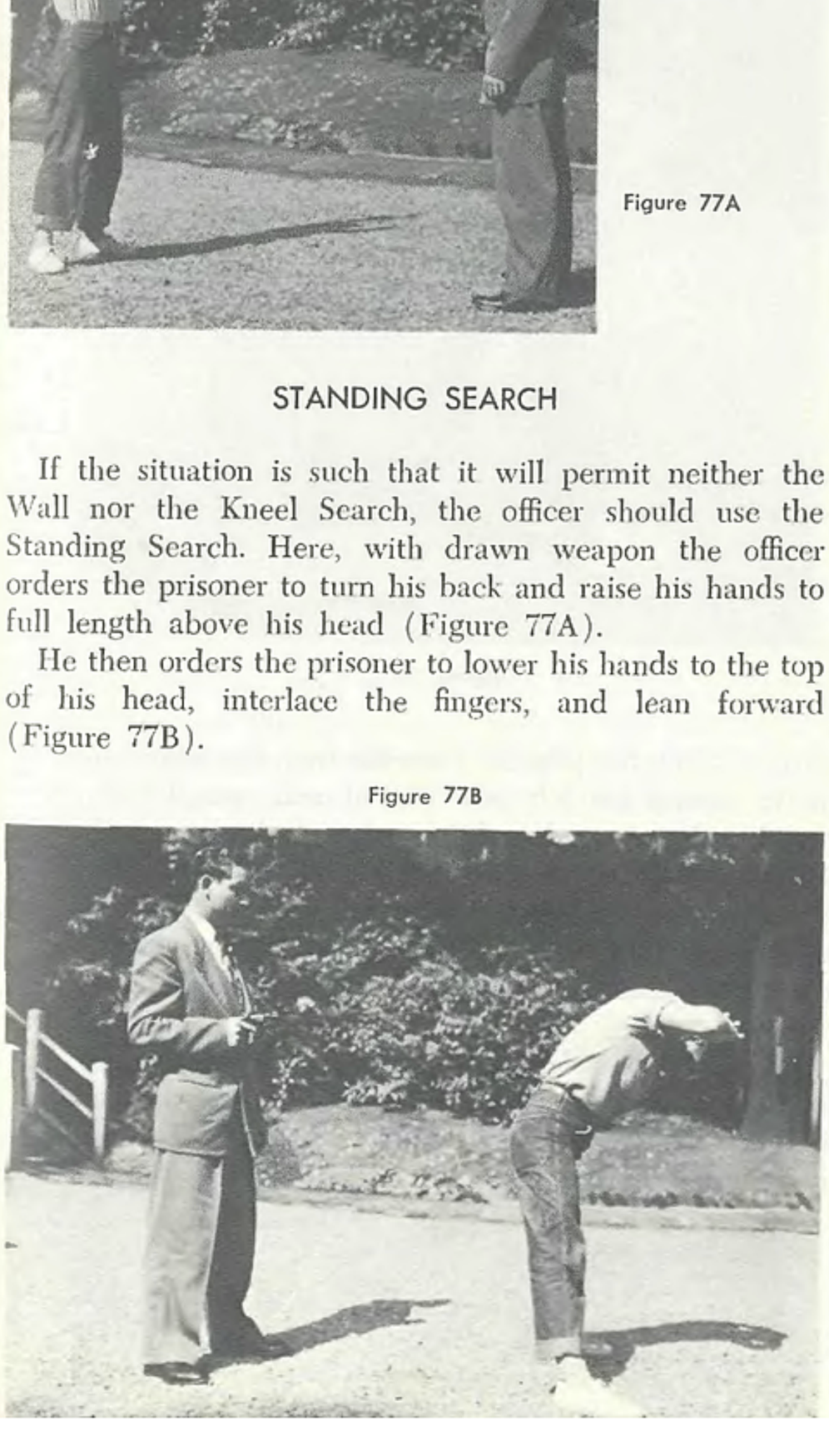




Figure 77C

Approaching the prisoner from the rear, the officer orders him to extend his left arm to full rear, parallel to the ground, palm upward and inward and then proceeds to handcuff the left wrist (Figure 77C). Note that the arresting officer will have his drawn weapon in his left hand as he secures the prisoner's left wrist. There is no reason why any officer should have to use both hands to handcuff a prisoner.

Upon cuffing the left wrist and securing a firm hold on the connecting chain of the handcuffs, the arresting officer will order the prisoner to bring his right hand to full rear and proceed to cuff the right wrist to the left wrist



Figure 77D

(Figure 77D). The preliminary search is made only when the subject has been secured with handcuffs. Retaining a firm hold on the connecting chain of the handcuffs, and taking precautions to see that the prisoner does not attack by kicking backwards, the officer can proceed with his preliminary search.

When two officers are present with one prisoner, the Standing Search is naturally easier, because one officer covers the prisoner with his weapon while the second handcuffs and searches the suspect with less danger of an attempted attack.

In all the foregoing methods, the arresting officer is the sole judge of how much use he must make of his weapon. The apparent physical capabilities of the prisoner should indicate the precautions to exercise.

Chapter 8

SECURING OF PRISONERS

Every officer who fully senses his moral responsibility for the personal safety of his fellow men recognizes that anyone engaged in crime should be properly handcuffed at the time of arrest.

An untold number of arresting officers have been killed and countless others maimed for life because they underestimated the potential ability, emotional instability, or recklessness of their opponents. An officer who pays with his life for a moment of unwarranted negligence has not died a hero.

Gangsterism, which has adopted the law of the jungle (kill or be killed), does not recognize the principles of human decency Rather, it victimizes those who display symptoms of emotional tenderness.

Arresting officers should remain constantly alert, exercise maximum precaution, discharge their duty with the highest regard for the safety of their fellow man, and remain conscious of the fact that a dead officer brings only insurance benefits to his family or next of kin.

A suspect who is placed under arrest should immediately be handcuffed at the scene of the arrest. A prisoner, regardless of his crime, should be handcuffed with the wrists back to back. To secure a prisoner's hands meeting in the front position without double-locking the cuffs is inviting an attack which may result either in injury or death.

Figure 78

Figure 79

SEARCH AND SECURING OF PRISONERS

Two Officers, Three Prisoners, Two Sets of Handcuffs

For the sake of clarity, the prisoners here are numbered consecutively from left to right, Nos. 1, 2 and 3. The arresting officers will be designated as A and B, as illustrated in Figure 78.

Assume that the three suspects have been placed under arrest. The method used for conducting the preliminary search of the prisoners could be either of the three described in the preceeding pages, i. e. the Wall Search, the Kneel Search, or the Standing Search. In any case, one officer takes up the covering position while the second officer initiates the search. Under no circumstances should the officers cross one another's line of fire. Upon completion of the preliminary search of the prisoner to the extreme right, (Number 3), the searching officer handcuffs him with his hands to his back, wrists back to back as illustrated in Figure 80, then orders him to take his position at the extreme left of Prisoner Number 1 (see Figure 81).

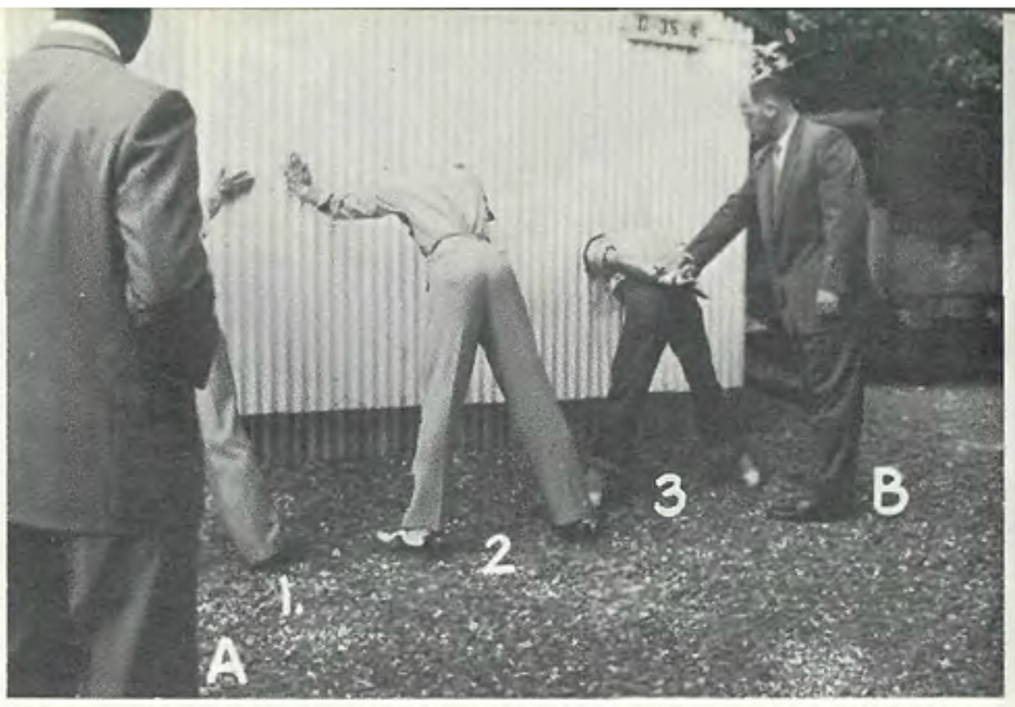
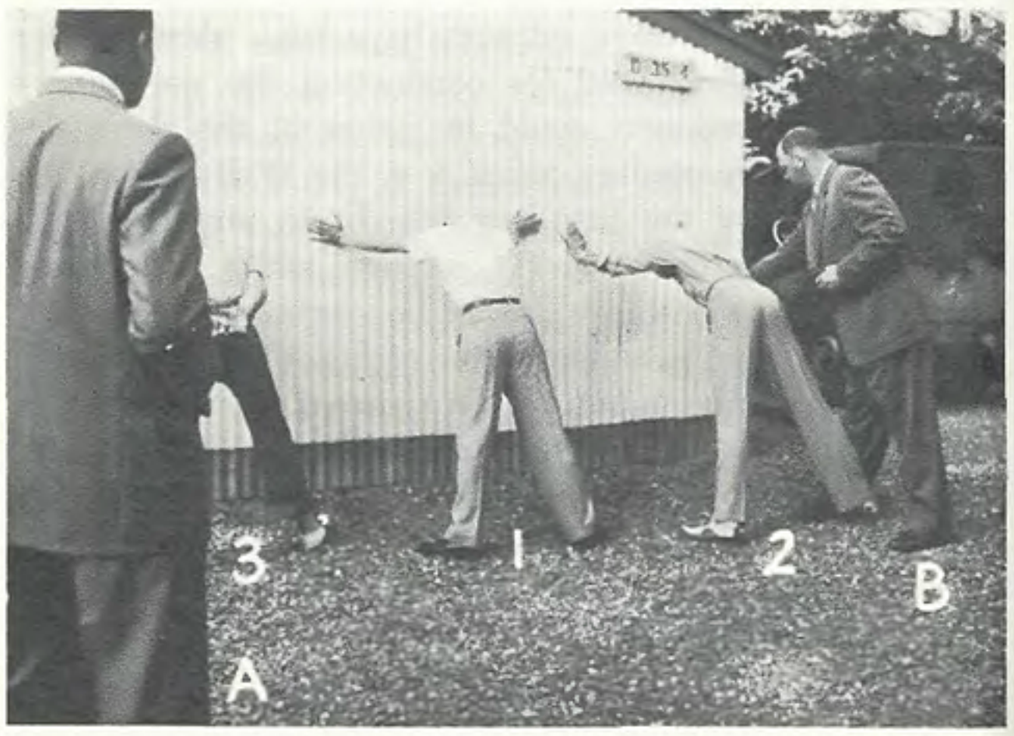


Figure 80

The officer will then proceed to search Prisoner Number 2, as illustrateed in Figure 81. Upon completion, he will order the prisoner to walk to the left of the handcuffed prisoner (Number 3) and again take up the forward leaning awkward off-balance position as illustrated in Figure 82.

Figure 81



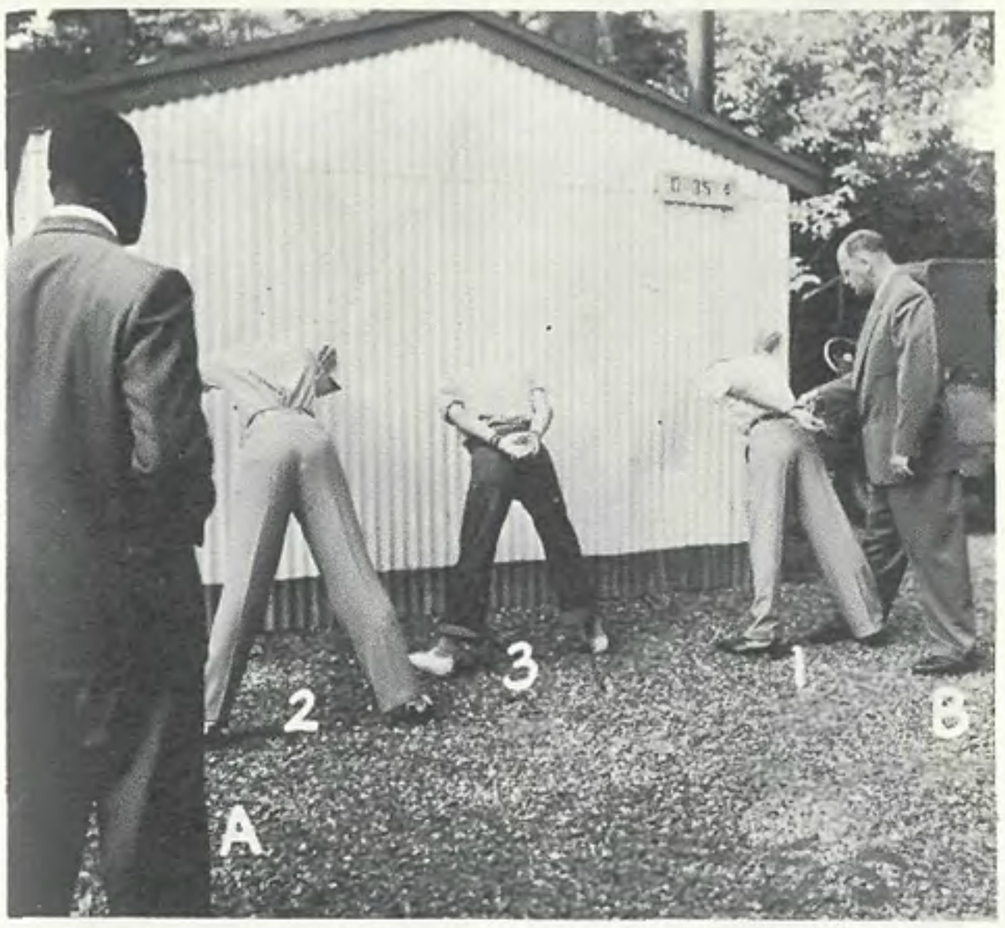


Figure 82

When Prisoner Number 2 is in proper position, Searching Officer B will conduct a preliminary search of Prisoner Number 1. Upon completion, he will approach Officer A from a safe angle and obtain his handcuffs. Officer B will then handcuff the left wrist of Prisoner Number 1, and order him to step to the left and bring his left arm under the right arm of Prisoner Number 3 (see Figure 83). Next he will order Prisoner Number 2 to step to the right, place his right arm over the left arm of Prisoner Number 3. Now the officer will cuff Prisoner Number 2's right wrist to the left wrist of Prisoner Number 1 (see Figure 84). In this manner the three prisoners are safely secured with two sets of cuffs.

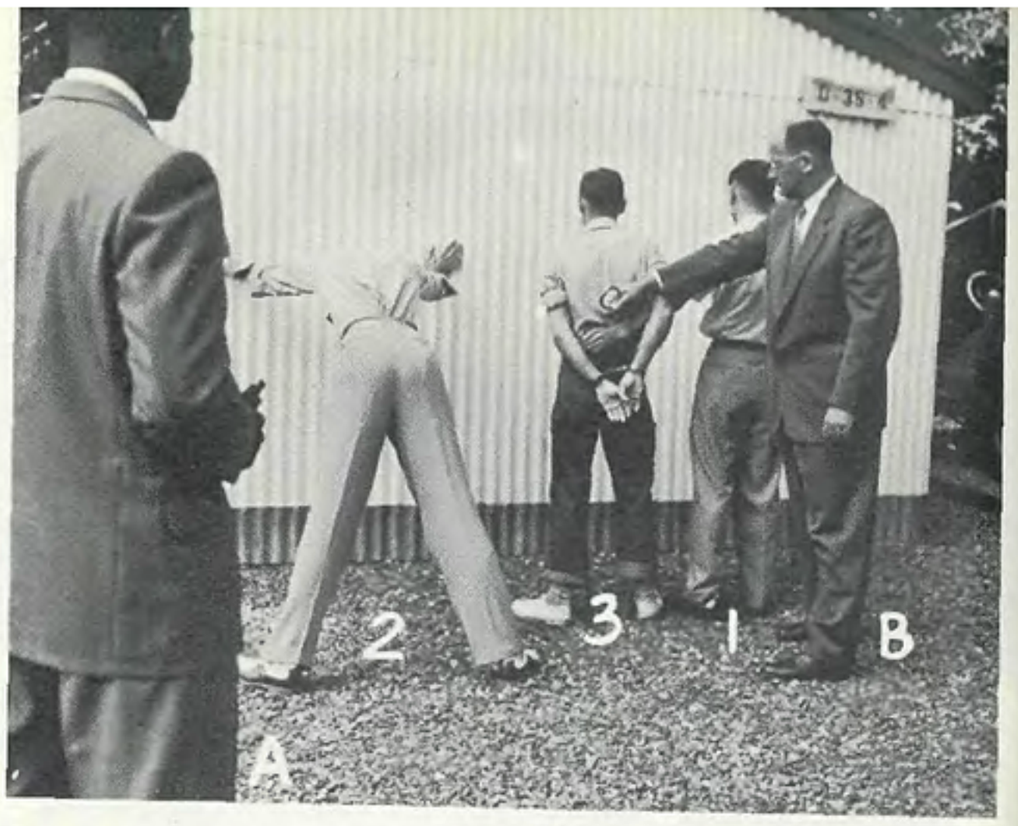


Figure 83



Figure 84

Two Officers, Four Prisoners, Two Sets of Handcuffs

You will note, as illustrated in Figure 85, that the four prisoners under arrest are numbered consecutively from left to right 1, 2, 3, 4. The covering officer is designated as Officer A., the searching officer as Officer B.

The method used for conducting the preliminary search of the prisoners is, as we have seen, usually determined by the locale of the arrest. In this situation both officers should exercise the greatest precaution since four arrested persons offer greater danger than a lesser number.

When the four prisoners are lined up facing the wall for the purpose of conducting the preliminary search, the searching officer will first search Prisoner Number 4 as he is preparing to do in Figure 85.

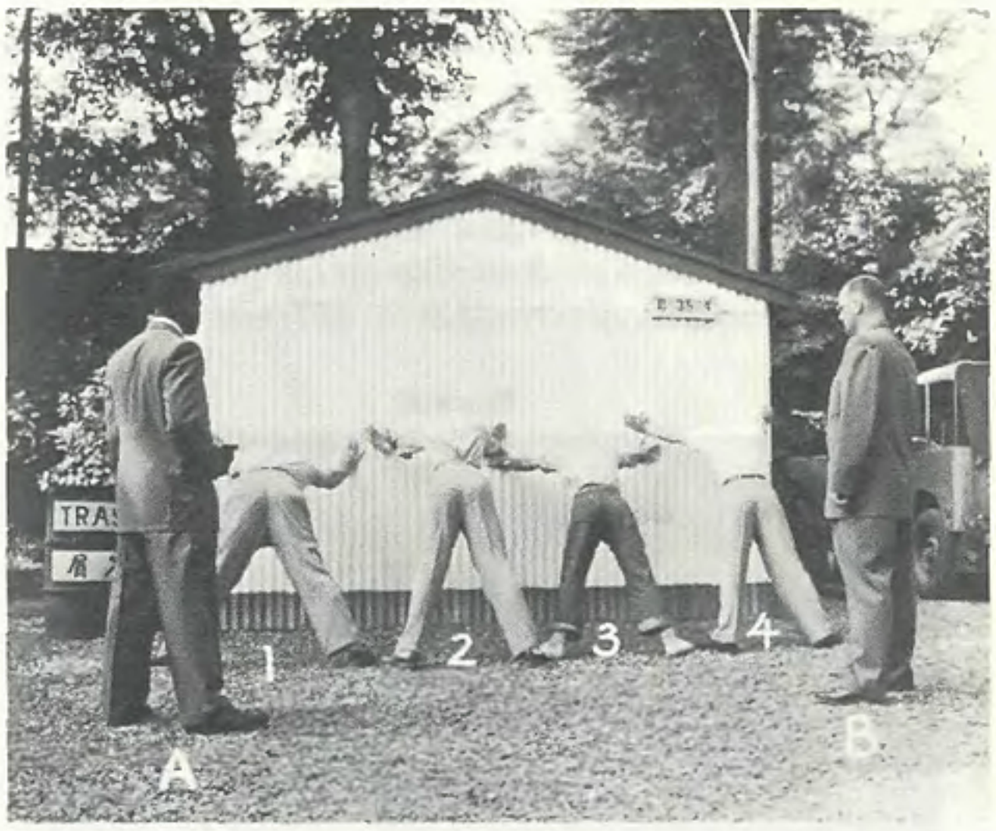


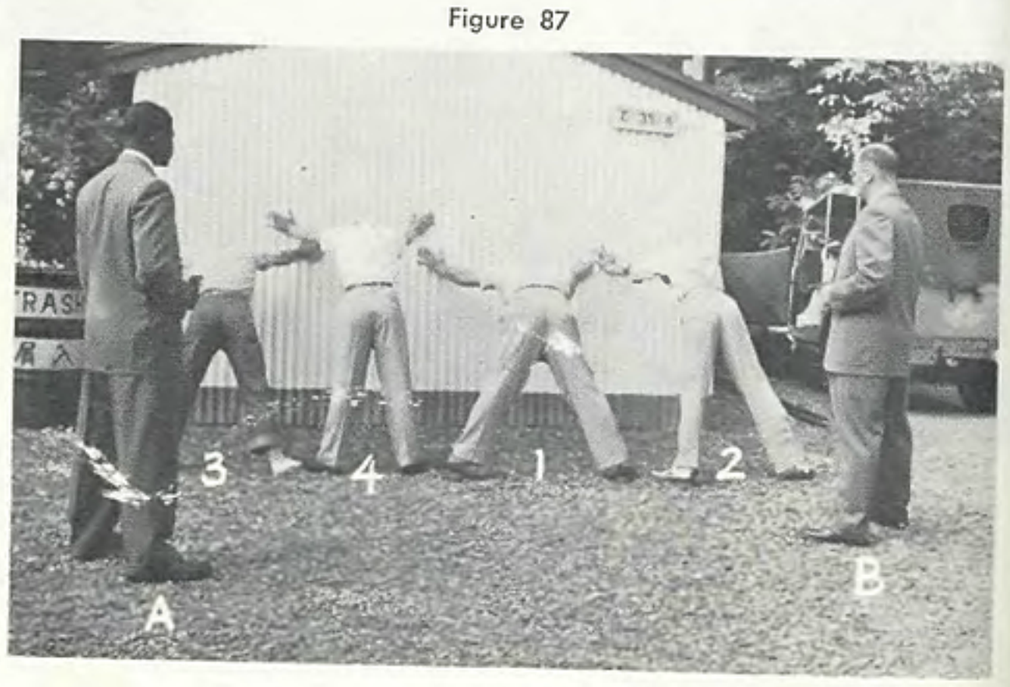
Figure 85



Figure 86

Next, the officer will order Prisoner Number 4 to step back from the front-stop, walk to the extreme left of Prisoner Number 1, and assume the same position against the front-stop (Figure 86). The officer will then search Prisoner Number 3 (Figure 86), and upon completion, order Prisoner Number 3 to take up his position at the extreme left of Prisoner Number 4 (Figure 87). Officer B

Figure 87



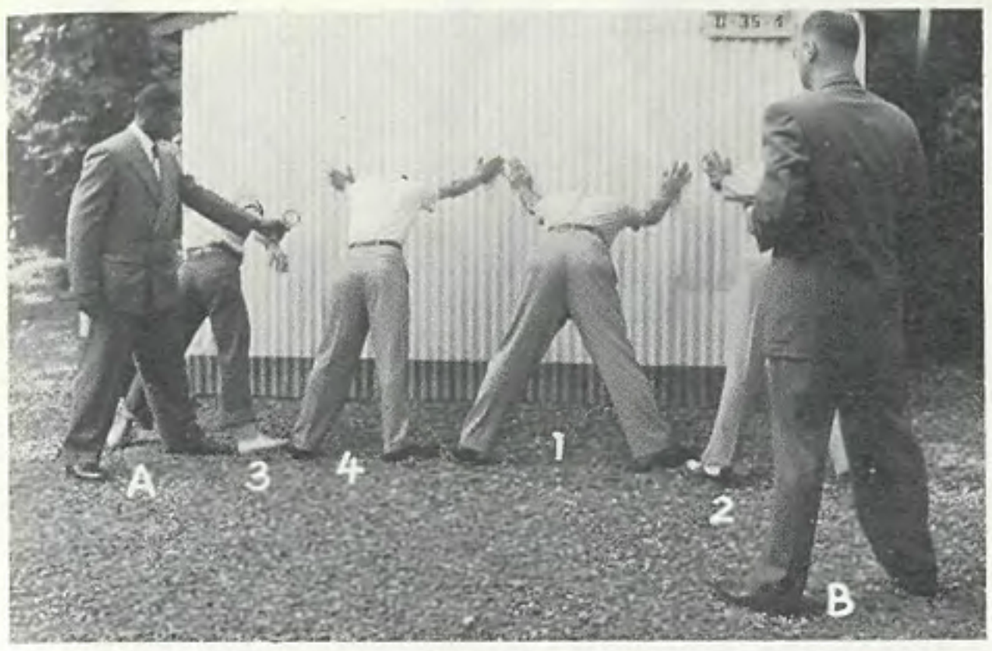


Figure 88

(the searching officer) will then take the covering position while Officer A handcuffs the right wrist of Prisoner Number 3 to the left wrist of Prisoner Number 4 as illustrated in Figures 88 and 89. When Prisoners Number 3 and 4 have been handcuffed, Officer A will again take up his position as covering officer while Officer B conducts a preliminary search of Prisoner Number 2. He will then order Prisoner Number 2

Figure 89





Figure 90

to walk to the extreme left of Prisoner Number 3 as illustrated in Figure 90. Next, the searching officer will conduct a preliminary search of Prisoner Number 1 and proceed to handcuff his left wrist, as illustrated in Figure 91.

The next step in the procedure calls for handcuffing Prisoner Number 1 to Prisoners Number 3 and 4. This is accomplished by interlocking the spare cuff to the connecting chain of the handcuffs, thus securing Prisoners Number 3 and 4 (see Figure 92). Officer B will then order Prisoner Number 2 to step right, in order that his left wrist can be handcuffed to the cuff that has been interlocked with the

Figure 91





Figure 92

chain cuff securing Prisoners 3 and 4. Figures 93 and 94 illustrate the manner in which the four prisoners have been secured with two sets of handcuffs.

Figure 93



Figure 94



Figures 95A and 95B, show the proper way to begin handcuffing a prisoner, following the preliminary search. In the writer's opinion, the general run of law enforcement officers need more practice in applying handcuffs. A great many have difficulty securing a prisoner's wrist unless they use both hands to secure the cuff. Every officer should make certain that the cuff bracelets he uses work freely and easily.

Figure 95A indicates the proper way to handcuff one hand. Note that the weapon is held well away from the prisoner, whose awkward off-balance position against the front-stop (building) affords little chance for a counter attack. The officer is alert, on his toes, and doing his job in a thoroughly professional manner.

Figure 95B portrays the correct way to grip the connecting chain of the handcuffs when one of the prisoner's wrists has been secured. A firm hold on the connecting chain of the handcuffs is a safety precaution against counter attack. Any attempt on the part of the prisoner to fight back can easily be checked by wrenching the cuff bracelet, thus punishing the wrist.

Figure 95A



Figure 95B



Chapter 9

POLICE CLUB
ITS USES AND ABUSES

Any extension of arm reach in physical combat provides an advantage because it increases the striking range and permits the person attacked to remain beyond the reaching distance of his assailant. The police club is used to offset any physical advantages the assailant has when he is resisting arrest, and also to enable the officer to protect himself against any aggressive action initiated by one or more law violators.

The police club should never be swung at random nor be used to inflict more than the punishment necessary to subdue an assailant. When used by an untrained policeman as a bludgeon to crush the skull of an assailant or to beat a man into a state of insensibility, a police club provokes public indignation and psychologically harms the purpose and intent of any police organization. Law enforcement officers should be trained to use the police club properly and effectively.

In acquainting the police recruit with the club, he should be taught the nomenclature: the *thong*, *club*, and *grip* as illustrated in Figures 96 and 97.

Figure 96



Figure 97





Figure 98

The second, and very important, recommendation urged upon the recruit concerning the club is the proper manner in which to grip it. All fancy holds should be strictly taboo; there is only one proper method of gripping the club and that can only be executed when the thong has been adjusted to the size of the user's hand. The thong should be neither too long nor too short. The loop should be slipped over the thumb, the thong itself brought across the back of the hand and to the inside, enabling one to grasp the grip of the club with a firm hold, as illustrated in Figures 98 and 99. The thong should never be looped



Figure 99

Figure 100A

Figure 100B

over the wrist. The prescribed method of looping will bind no part of the hand or wrist in the event that the club is grasped by the assailant, permitting him to counter-attack as illustrated in Figures 100A, 100B, 100C, and 100D.

Figure 100C



Figure 100D





Figure 101A
Throat jab

The club is furnished for specific reasons; it is not meant to be used as a baton, Yo-Yo, or made to loop-the-loop.

The key instructions concerning its effective use must be thoroughly understood in order that one may fully appreciate its value. The novice should learn how to use the club effectively for both offensive and defensive purposes. Blows similar to those used by professional fighters can then be delivered with greater forcefulness. The straight left jab, or what is more commonly referred to as "the jab," can be landed with deadly accuracy and sufficient force to disable the opposition, as portrayed in Figures 101A, 101B, and 101C.

Figure 101B
Solar plexus jab



Figure 101C
Groin nerve jab





Figure 102A



Figure 102B

The police club should never be used to inflict a vertical blow to the top of the head since such a blow may cause concussion or fracture. In some instances the club may break but more often it will lacerate the scalp, causing severe bleeding which may lead bystanders to think that the officer is inflicting brutal, unnecessary punishment. Furthermore, a blow delivered to the top of the head can quite easily be blocked as illustrated in Figures 102A, 102B, 102C, and 102D. Any blows delivered to the head should

Figure 102C



Figure 102D





Figure 103

be glancing ones with controlled force, sufficient just to stun, rather than maim, the assailant. In delivering the glancing blow, the wielder of the club should twist his wrist slightly either inward to the left side or downward to the outside of the body as illustrated in Figure 103. Glancing blows can also be delivered to the upper arm, lower arm, thigh, and other parts of the body, as Figures
100 104A, 104B, and 104C show.

Figure 104A



Figure 104B



Figure 104C





Figure 105

The direct vertical blow can be delivered to the assailant's shoulders (see Figures 105 and 106). Remember, though, that undue force can very easily break the collar bone. Lateral blows differ from glancing blows in that they 101

Figure 106





Figure 107A

are delivered in a parallel swing. The impact of a lateral blow is direct. It has a cutting effect rather than a glancing, sliding-off motion. A lateral blow at the shin bone delivered parallel with the ground can subdue the most belligerent subject (note Figures 107A, 107B, 107C.

Figure 107B



Figure 107C





Figure 108

OTHER WAYS TO USE THE POLICE CLUB

The police club's usefulness is not limited to offensive combat measures and defensive procedures. On occasion, the club can and should be used to restrain an assailant until more appropriate measures are available. For example, the thong can substitute for handcuffs: either one or two prisoners can be secured by looping the thong over the left wrist of one subject and the right wrist of the second (note Figure 108). In the case of one prisoner, both of the wrists can be secured at his back, as illustrated in Figure 109.



Figure 109



Figure 110

The club can also be used effectively to apply the rear choke hold. Holding the grip of the club with the left hand, bring the weapon to the front and place it against the assailant's throat. Bring the right hand across the left arm to grasp the far end on the left. Choking pressure is applied by pulling hands towards own chest (Figure 110). The club rear choke hold can be made extremely painful, or even fatal, by driving the knee at the opponent's back (note Figure 111)

Figure 111



DEFENSE AGAINST THE CLUB

The counter measures to be used against a club attack are based upon the type of blows that the assailant might deliver. Undoubtedly the novice who has had some training in the fundamentals of boxing—such as using his arms to ward off blows, advancing, retreating, side-stepping, weaving, feinting, and ducking—has much greater hope of defending himself than the untrained person.

Basically, the defense against a club wielder who is using a variety of blows is to use your arms to ward off blows directed at any vulnerable part of the body. For example, a vertical blow should be blocked with the under part of the forearm as illustrated in Figure 112. The follow-through most generally is a blow to the groin which will disable the assailant.



Figure 112

DEFENSE AGAINST CLUB ROUNDHOUSE BLOW

The assailant swings his club in a roundhouse blow to strike at the upper part of your body as illustrated in Figure 113A. Step in midway on the down swing and bring your left arm over the assailant's right; then lock his right arm at the elbow and apply backward pressure as in Figure 113B. Follow through by placing your right hand at assailant's right shoulder and force backwards as in Figure 113C. With continued practice you will master the defensive procedure shown here and will find the best way to lock your assailant's right arm in order to apply pressure at elbow joint. (Note that the position of the assailant's arm in Figure 113B shows that the palm of the right hand is parallel and facing upward).

Figure 113A



Figure 113B





Figure 113C

DEFENSE AGAINST BACK HAND CLUB BLOW

If the assailant attempts to strike at the upper part of your body with a left-hand back swing, as illustrated in Figure 114A, step to the left and block the blow with your left forearm (see Figure 114B). Follow through with a right-foot kick to the side of his left knee, as in Figure 114C.



Figure 114A



Figure 114B



Figure 114C

DEFENSE AGAINST DIRECT JAB CLUB BLOW

The direct jab blow is the most difficult to stop since the assailant who uses it realizes that a straight blow which offers the minimum blocking target is much more difficult to get away from than any type described in the preceding pages. To defend against a straight jab blow one must have a maximum of body coordination; one must be able to move in any direction with proper balance and speed. The physical standard of all personnel can move ahead only when those engaged in law enforcement deepen their appreciation of the value of a high level of education for physical efficiency.

THE BLACKJACK

The blackjack, commonly referred to as the "sap," "stinger," "billy," "convincer," or "equalizer," is manufactured in assorted styles and sizes. The homemade variety often presents a more menacing appearance and is every bit as effective, if not more so. The blackjack, or any object bearing a similarity to the blackjack, is used to subdue, paralyze, numb, disable, cripple, or produce concussion or a fracture. Easily concealed, it can be used most effectively because of its size. The principles in the method of using the blackjack are identical to those of swinging the club. The marked difference however, is the added extension of reach. The club offers a greater advantage since it is several times longer than the blackjack and eliminates close body contact; whereas, in order to apply the blackjack, one must work in close to the subject. However, the blackjack offers certain advantages which more than compensate for its lack of size. For instance, the blackjack can be concealed in a coat sleeve, allowing the striking end, when needed to slide into the palm, as illustrated in Figure 115.



Figure 115

The jack can be used to deliver lateral, hook, chopping, and jab blows. Lateral blows can be delivered to either side of the head and neck, chopping blows to the base of the skull, shoulders, outstretched arms, and wrists. The jab blow can best be used to deliver knockout blows to the solar plexus, throat and groin, and less violent blows to the liver and kidneys. Like the club, the blackjack should not be used to crack down at the skull, as it may cause fracture.

Some Opinions of

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